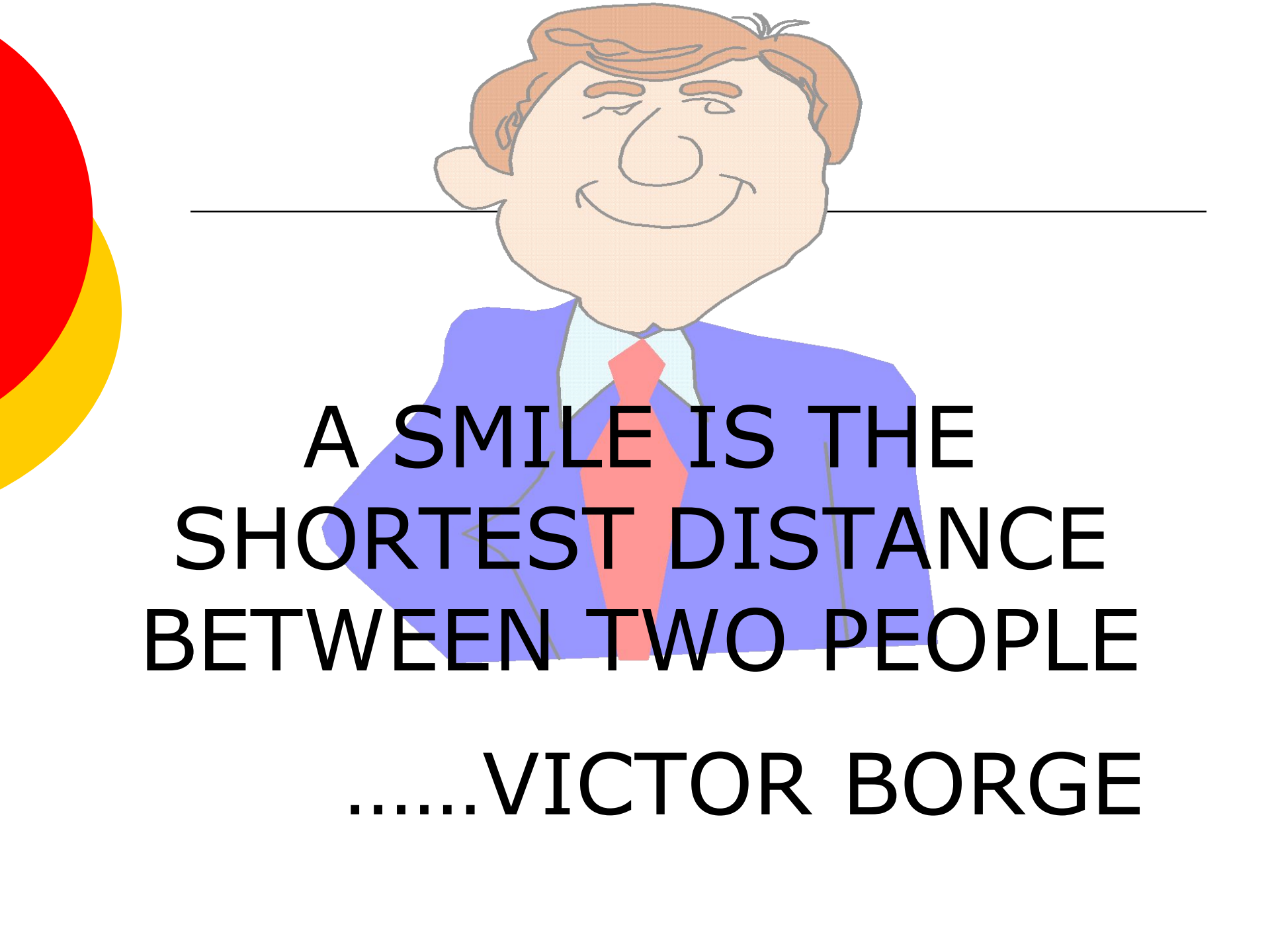


HUMOR



In the Workplace
and
Everywhere Else!!!





**A SMILE IS THE
SHORTEST DISTANCE
BETWEEN TWO PEOPLE**

.....VICTOR BORGE



WHAT PARTICIPANT'S WILL LEARN

- What is humor/laughter
- How to use humor effectively
- To point out the benefits and hazards of the use of humor
- How humor can open doors
- How humor can make you be more productive
- Humor's Bottom Line

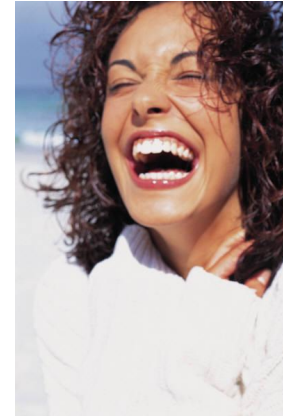


LAUGHTER IS THE *JEST* MEDICINE

- Enhances respiration
- Enhances circulation
- Oxygenates the blood
- Suppresses stress related hormones in the brain
- Activates the immune system

WHAT IS HUMOR

It be defined as that
which makes us
laugh, smile, or
amuses us.



Source: Making Humor Work, Terry L. Paulson, Ph.D., 1989



DID YOU KNOW THAT....

- The average pre-schooler laughs or smiles 400 times a day and that number drops to 15 times a day by age 35
- People smile only 35% as much as they think they do
- Laughter releases endorphins a chemical more powerful than morphine
- Every time you laugh you burn 3.5 calories



NOT ALL HUMOR WORKS

- Sarcastic Humor
- Ethnic Humor
- Laughing at Others



SIX REASONS THAT FUN CAN IMPROVE WORK QUALITY AND MENTAL HEALTH

1. Breaks up boredom and fatigue
2. Fulfills human social needs
3. It increases creativity and willingness to help
4. Fun fulfills the need for mastery and control
5. Fun improves communication
6. Fun breaks up conflict and tension

WHAT DO YOU SEE

This person takes humor seriously.
His outlook and laugh life
have improved already!



If you feel like this, do an about-face!

ABOUT FACE

If you feel like this, do an about-face!



This person takes humor seriously.
His outlook and laugh life
have improved already!



Humor in the workplace will help when

- You are placed in a no-win situation;
- or in the presence of unpredictable or uncontrollable stressors
- Life is too short to work in an unpleasant environment



HUMOR HOW TO'S

- Put humor into the physical environment
- Use humor as a tool rather than as a weapon
- Build humor into the corporate culture



HUMOR

- DISCOVER YOUR PASSION
- HAVE A GOOD ATTITUDE
- SHOW PEOPLE YOU CARE



DISCOVER YOUR PASSION

- PASSION STARTS IN YOUR HEART
- WHAT EXCITES YOU
- WHY ARE YOU HERE WORKING AT THIS PARTICULAR JOB



ATTITUDE

- ATTITUDE IS 90% OF LIFE
- DON'T TAKE YOURSELF TOO SERIOUSLY
- LAUGHTER IS A STRENGTH IN THE WORKPLACE



SHOW PEOPLE YOU CARE

- BE NICE
- WE'RE ALL IN THIS TOGETHER
- LOOK FOR WAYS TO HELP AND SURPRISE PEOPLE WITH KINDNESS



DID YOU KNOW

- According to the President's Science Advisory report the cost of stress is 200 billion dollars annually.



STRESS IN THE WORKPLACE

Is one of the main causes of:

Illness

Absenteeism

Employee burnout

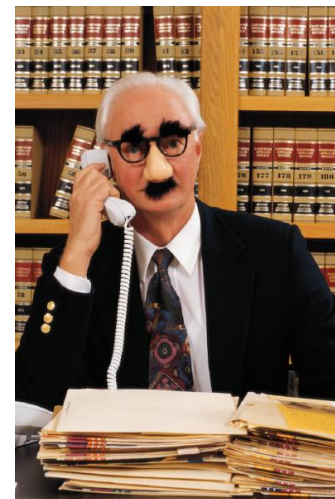


HUMOR REDUCES STRESS

- Because it makes us feel good
- At the moment we experience humor, feelings like depression, anger and anxiety dissolve.

THINGS YOU CAN DO TO PROMOTE HUMOR IN THE WORKPLACE

- HUMOR ROOM
- JOY COMMITTEE
- BASKET OF TOYS
- JOKE OF THE DAY
- JOKE HOTLINE
- RECOGNITION COMMITTEE
- BLOOPER LOG
- GREAT JOB CARDS
- GIVE AN EMPLOYEE A CITATION FOR SOMETHING FUNNY THEY HAVE DONE





THE BOTTOM LINE

Humor contributes to positive morale which is a major factor contributing to the retention of valued employees

POSITIVE PEOPLE.....

ARE MORE PRODUCTIVE
AND ENJOY THEIR WORK
MORE





A CLOSING THOUGHT.....



POSITIVE, HUMOROUS
PEOPLE MAKE LIFE WORTH
LIVING AND WORK WORTH
DOING WELL

PATT SCHWAB, PhD.

THE BRAIN

“The Brain is a wonderful organ. It starts the moment you get up in the morning and does not stop until you get to the office”!

