

Top 10 Reasons to Laugh at Work

CELEBRATE!

Laugh
at Work
Week

APRIL 1-7

1. Laughter Builds Teamwork

We are drawn to those who smile, laugh, and enjoy their work but we shun perpetually serious, sober duds who never laugh or smile. You can more easily build an effective team with the people others want to be with.

2. A Punch Line Improves the Bottom Line

Southwest Airlines, Outback Steakhouse, and Tastefully Simple have two things in common. "Having fun" is in their basic beliefs and they are exceptionally successful in their own industry. They are successful. They laugh at work.

3. Humor Improves Communications

In an atmosphere of fun, where people are comfortable laughing at themselves, information flows freely. When people are on pins and needles, where any flub is considered serious, people hold back and prefer silence to the risk of making an error in what they say.

4. Fun Improves Performance

Studies show that employees who feel their work is fun perform better and get along better with coworkers than those who are simply satisfied with their jobs. Laughter is more important than overall job satisfaction.

5. Laughter Keeps You Awake

Never in recorded history has anyone fallen asleep while laughing. Laughter refreshes you, energizes you, and keeps you from falling asleep no matter how dull your job may be.

6. Laughter Improves Health

Dozens of medical studies show laughter enhances respiration, increases number of disease-fighting immune cells, fends off viruses and bacteria, helps fight chronic diseases, contributes to good health, and releases endorphins which are 2,000 times more potent than morphine. You can't take it but you can make it.

7. Laughter Reduces Absenteeism

Health benefits of laughter mean fewer sick days. When people enjoy their jobs they want to come to work. They don't want to miss a good laugh.

8. Laughter Reduces Stress

Relaxation and information help reduce stress but humor is much more effective. Overwhelmed by stress? Laugh it off.

9. Humor Helps Solve Problems

When you see something funny about a problem, it indicates that you see it from a new perspective. Humor results in more objectivity. When you see the funny side, you can start to see a new solution.

10. Laughter Eliminates Monotony

When laughter erupts it is always because of something unexpected the punch line, the surprise event, the unanticipated reply. Monotony and laughter are mutually exclusive.

BONUS!

11. Humor is Human

Laughter is an exclusively human trait. It separates humans from animals and machines. You don't feel like a robotic cog in the corporate machine when you laugh because laughter is a raw expression of pure humanness.

12. Humor Reduces Turnover

Only 15% of people are fired because they don't have the skills to do the job. But 85% lose their jobs because they lack people skills and the ability to relate to others. Humor is an integral part of relating to other people. Laughter is the shortest distance between two people.

13. It's Fun!

When others make your life miserable and you laugh, it just drives them crazy. What could be better than that!

