

THE VALUE OF HUMOUR



(IN A WORKPLACE)

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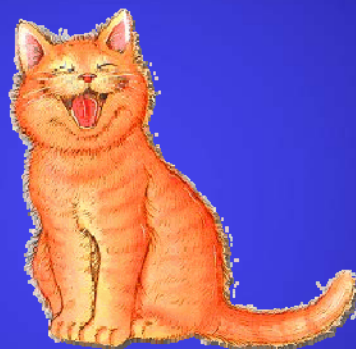
~~(IN A WORKPLACE)~~

THE VALUE OF HUMOUR



WHERE-EVER!

Laughter



... fundamental to good health

Laughter



... a behaviour ^{mostly} associated with humour
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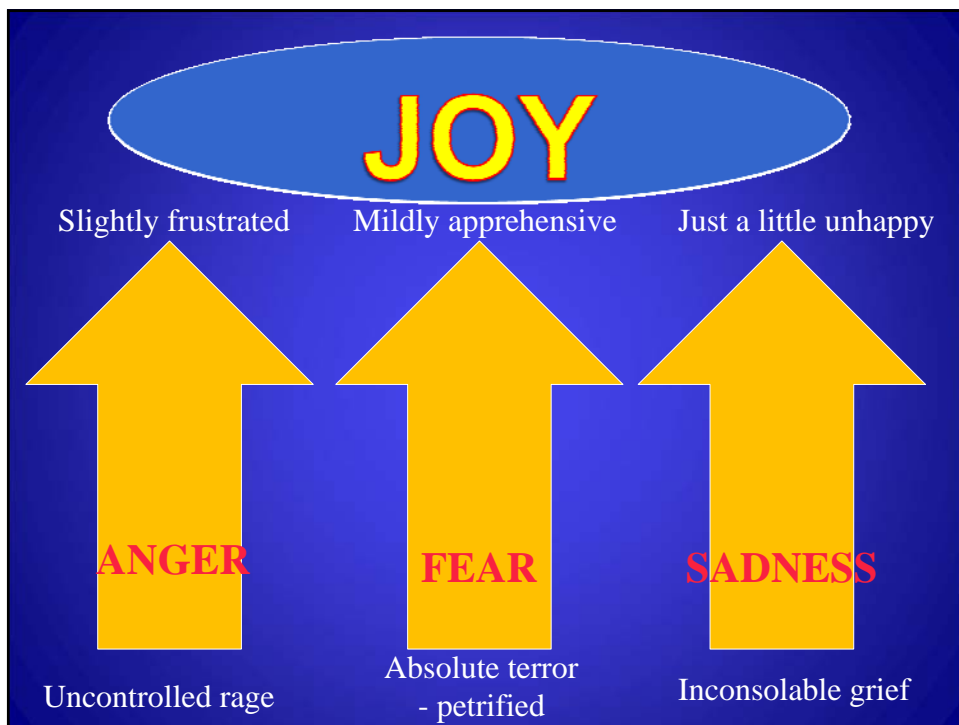
Laughter



What is it about laughter?

A Funny Bone History (Herth) reported benefits of laughter

- relaxed
- good
- happy
- healthy
- relieved
- superb
- wonderful
- light-hearted
- energized.





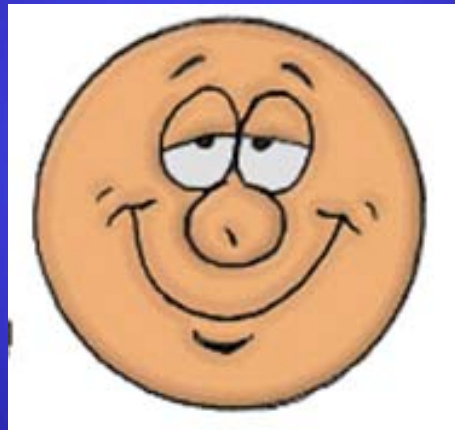


Ride bene chi ride l'ultimo

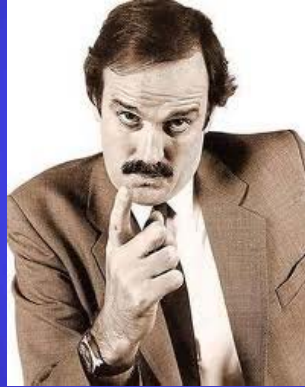


He who laughs last laughs best

HE (OR SHE) WHO LAUGHS LAST,
THINKS SLOWEST!



HE OR SHE WHO LAUGHS, LASTS

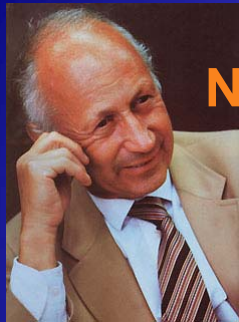
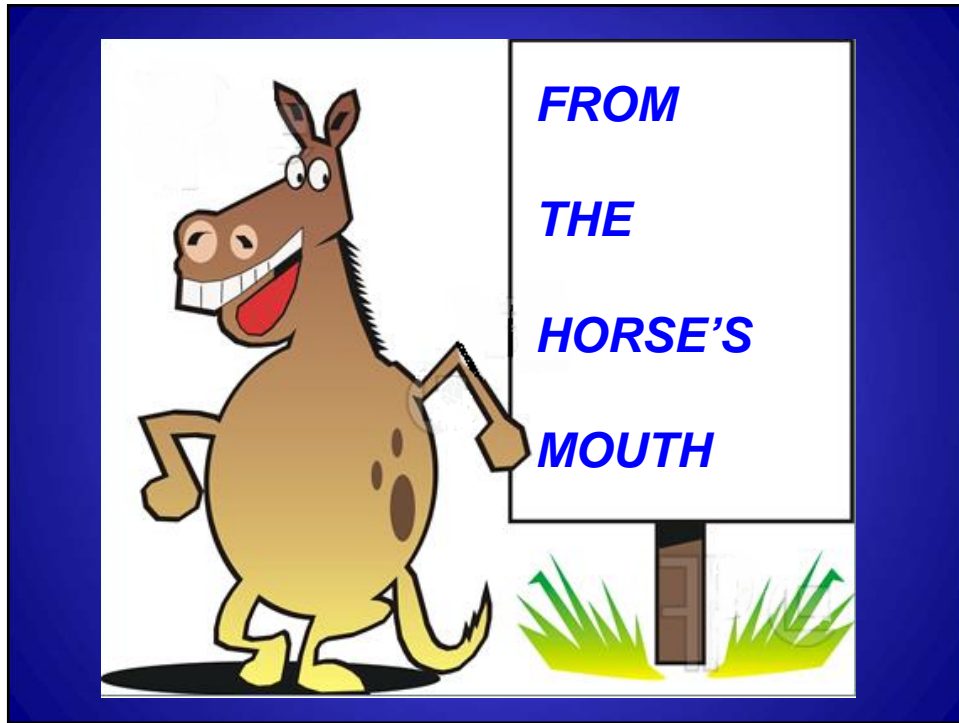


HE OR SHE WHO LAUGHS, LEARNS

**Some benefits
of laughter**

- **physiological**
- **psychological**
- **sociological**





Norman Cousins –

- political journalist
- author
- world peace activist

Anatomy of an Illness



Dr Hunter 'Patch' Adams –

- physician
- author
- social activist

Gesundheit!



Scott Burton –

- comedian
- juggler
- cancer survivor.

A Life in the Balance

Humour in the workplace is not about



Humour in the workplace **IS** about:

- valuing, encouraging and nurturing the use of a normal, healthy human attribute
- allowing 'good humour' to have a positive effect on workplace culture
- giving workers 'permission' to laugh
- ensuring the humour is appropriate.



**'Terminal professionalism' is a
common symptom of**



...stress!

Workplace stress

- costs the Australian economy \$14.81 billion a year
- accounts for 3.2 days per worker lost each year
- presenteeism and absenteeism are costing Australian employers \$10.11 billion a year.

I might as
well work,

I'm in a
bad mood
anyway.



We get stressed out

- **over deadlines**
- **over unrealistic expectations**
- **over trying to sustain the myth that our organisations can do more with less.**

Consider some de-stressors

- exercise
- diet (including lots of water)
- get (and stay) organised
- self-affirmation / inspirational messages
- **humour / joy / laughter**

By taking their job
seriously

but taking themselves
lightly ...

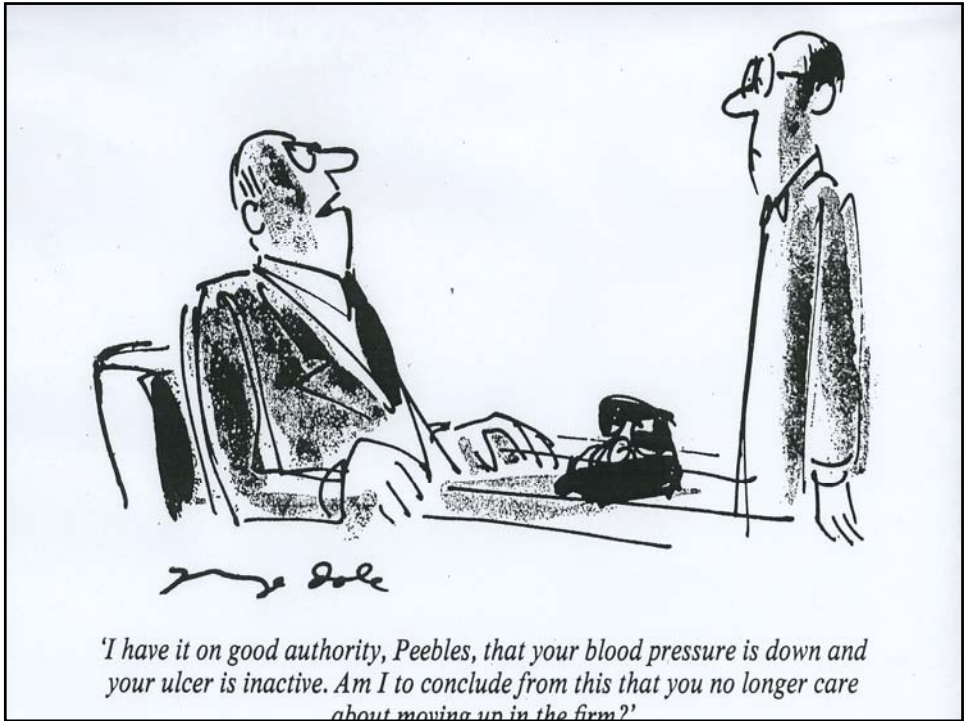


**WORKERS CAN MAKE THEIR WORKPLACE
A FUN PLACE TO BE
WITHOUT COMPROMISING
PRODUCTIVITY!**

Confession time ...

Personal
experience of
'terminal
professionalism'.





'I have it on good authority, Peebles, that your blood pressure is down and your ulcer is inactive. Am I to conclude from this that you no longer care about moving up in the firm?'

Sunday NEWS

Laughter, sex high in relieving stress

Report: FRAN VOSS.

TASMANIA'S independent wholesalers learnt a lot about laughter, sex, vegetables and fish yesterday, and it wasn't in the retail sense.

As well as these lessons for life, the embattled retailers and wholesalers, wounded by the deregulation of shopping hours earlier this year, learnt a range of self-management, stress-relieving skills from health management expert Dr John Tickell, of Melbourne.

More than 200 delegates attended each of the three sessions of the conference yesterday and today at the Launceston Country Club Casino.

The general manager of Tasmanian Independent Wholesalers, Sam Richardson, said that deregulation had created a loss of employment in the independent sector, resulting in stress and hardship.

"But today is about winners," Mr Richardson said. "The theme for today is Facing the Future Together. We're not talking about losing, we're talking about retaining our market share and winning some back."

"We're not going to fold our tent up."

Mr Richardson said that deregulation was not working. Many major CBD retailers were facing a dramatic reduction in their lifestyle, with more hours worked for fewer dollars.

"We're (the independents) going to keep on fighting, being progressive and aggressive," he said.

Dr Tickell yesterday said a stress-free life could be achieved through moderation in everything except laughter, sex, vegetables and fish. Laughter and sex were the best



Independent wholesalers guest speaker Dr John Tickell: 'A stress-free life can be achieved through moderation in everything except laughter, sex, vegetables and fish'.

two breakers of stress cycles known to the human system.

"Laughter helps us not to take ourselves too seriously," he said.

And the best food balance is two-thirds plant and one third meat.

"But I'm not a fanatic — all the fanatics are dead. You don't see many among the 80 to 90 year-olds," he said. "We all live a hectic life these days and we've dug a big hole for ourselves."

Dr Tickell's address was a combination of entertainment, education and cure-all involving self-management and teaching-activity skills, eating skills and coping skills.

Other speakers at the conference were football great Tom Hafey and sports psychologist Lisa McInnes-Smith.

HAPPY CONTENTED WORKERS

- take less time off work
- are generally less stressed
- are more healthy
- are less likely to quit

So ... ?



So it's a win-win! Workers are happier and healthier
AND
productivity improves.

Look for the laughter ... it's all around us!





What is funny?

- Making fun of yourself - not others.
- Laughing with people - not at them.
- Avoiding put-downs.
- Giving people permission to laugh.

Humour styles (Martin)

- Affiliative
- Self-enhancing
- Aggressive
- Self-defeating

What wiser people have said

The most wasted of all days is one without laughter.
E.E.Cummings

Laughter is the shortest distance between two people.
Victor Borge

Angels can fly because they take themselves lightly.
G.K.Chesterton

