


Lightening Your Life with Laughter



AnthemEAP

1

Agenda

- Introduction/overview
- Facts about laughter
- The wellness/laughter connection
- Why laugh at work?
- Ways to laugh more
- How to encourage more laughter at work
- Closing/action plan

2

Learning Objectives

After completing this training, you'll be able to:

- Discuss the importance of laughter in the workplace
- Explain the relationship between laughter and wellness
- Learn how laughter is important to the workplace
- Identify ways to make laughter part of your workday

3

Facts About Laughter

- Rats laugh when tickled
- We can detect fake laughter
- Laughter is attractive
- Laughter is good for your memory
- Laughter improves sleep
- We should be getting at least 15-20 minutes of laughter a day



4

4

Laughter Matters



- 97% of professionals believe a sense of humor is an important quality in a manager
- 90% believe it is important for career advancement
- 84% feel those with a good sense of humor do a better job

5

5

The Wellness / Laughter Connection

- Laughter makes positive changes in our body that alleviate tension and combat stress
- Laughter improves our mental outlook
- Laughter can change our emotions and elevate our mood
- Laughter makes us nicer to be around, at home and at work
- Laughter makes us better human beings overall



6

6

The Biology of Laughter



- Dissolves tension, reduces conflict, brings out warm feelings
- Acts as a cardio-vascular exercise by increasing heart rate and blood pressure initially, then dropping them; increases flexibility
- Massages internal organs, diaphragm squeezes the abdomen
- Gulps in air and then sends it out at 70 mph — great exercise for respiratory system
- Increases beta endorphins, the feel-good hormones
- Reduces the stress hormone cortisol, which helps support our immune system

7

7

Why Laugh at Work

- Creates stronger bonds between employees
- Enhances teamwork
- Allows employees to be themselves
- Creates a more positive workplace
- Defuses tense situations
- Allows for more spontaneity
- Changes our perspective on our work
- Makes everyone healthier



8

8

A Sense of Humor

“A sense of humor is part of the art of leadership, of getting along with people, of getting things done.”

- Dwight D. Eisenhower

9

9

Ways to Laugh More




- Laugh in front of a mirror for 15 seconds, until your belly shakes
- Stand up straight, look alert — mind follows body
- SMILE! Act happy; even if you have to fake it
- Recall a memory that brought joy and laughter to your life

10

10


Encouraging Laughter at Work

- At staff meetings, ask "What is the funniest thing that happened to you today?"
- Keep a toy on your desk
- Put up funny posters in your office



11

11




A Thought About Laughter

"Laughter is an instant vacation"

- Milton Berle, Comedian

12

12


 **An Exercise**

Laugh with a partner through a simple word or phrase!

13

13

Remember...



- Nip sarcasm in the bud
- Laugh with each other, not at each other
- Don't use humor that excludes anyone
- Show your client and customers your sense of humor once in a while
- Create a culture that promotes laughter by focusing on the positive more than the negative

14

14

Laughter Resources

Websites:

- [ahajokes.com](#) - Website featuring clean jokes and funny pictures.
- [ajokeaday.com](#) - Website featuring new, clean jokes daily. Users can sign up to have a free joke sent to their email daily.
- [bobhope.com/Joke.htm](#) - Collection of some of Bob Hope's most popular jokes.
- [pruneville.com/jokesandquotes/cleanjokes](#) - Website featuring jokes targeted towards 50+ readers; content updated weekly.

Books:

- *I'd Rather Laugh...* Linda Richman
- *Growing Up Laughing...* Marlo Thomas
- *The Healing Power of Humor...* Dr. Allen Klein

Movies/TV:

- *Patch Adams*
- *My Big Fat Greek Wedding*

Sitcoms:

- Original "Candid Camera" or "America's Funniest Home Videos"

15

15

Key Points

- Reflect on the information presented today
- What is the most important thing you learned?
- What is one thing you will do to incorporate laughter into your workplace?

16

Evaluation

Survey QR Code

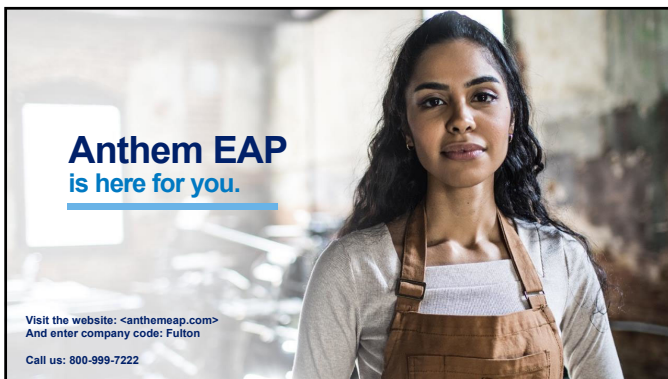


17

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18

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