

Seven Humour Habits for Workplace Wellness

For as much as our work-a-day lives can be fulfilling, they can also tire us out. It is vitally important to have strategies to maintain balance in the long run. To do this, it is sometimes good to take time out. So put your feet up and take a break right now. For the next 2 minutes, imagine that you have snuck into a kind-of-a low-budget spa, (hot tubs not included). This article offers Seven Humour Habits with low-budget interventions for workplace wellness. Let's go!

Humor Habit #1: Take Time to Relax

Machines need down time for maintenance and so do you. In fact, there is no better time than the present! Take in a nice deep breath of fresh air - (1 – 2- 3). Now breathe out all of the frustrations of a lifetime onto the shoulders of the person in the next cubicle. Repeat this three times, (and repeat it three times daily), and you will feel better. Guaranteed! (If you leave out the part about breathing your frustrations on co-workers, they will feel better too!) Also, take time to exercise. Even if you only have 10 minutes today and you usually like to have 45, do 10 minutes. You will get benefits from those ten minutes then you might think. Your body will thank you.

Humor Habit #2: Simplify your Life

'Yes', is the most important word spiritually, emotionally, psychologically and physically. But I do not believe we can say 'Yes' to what matters to us, unless we can first say 'No' to the things that no longer fit in our lives. Identify things that no longer fit in your life and learn to say, 'No' when you need to. 'Yes' will be so much sweeter.

Humor Habit #3: Smile and Laugh More

Because when you do, you release chemicals into your bloodstream that would be illegal if you bought them on the street. Why else do you think it feels so good? Laughing regularly leaves you feeling years younger. So what are you waiting for? Laugh and smile till it hurts – its good for you! It's also contagious. Infect those you love with joy!

The Galileo Principle

When Galileo stated that it was the Earth that traveled around the Sun, he basically stated that none of us is the centre of the universe. What a relief! Next time you are in the middle of a real challenging situation, step back and see it from different angles. You might be surprised that what seemed unsolvable is actually an chance to discover a better way. Humor is also about seeing things from different angles, as well as putting opposites together, and exaggerating. You cannot do any of these if you take yourself seriously. So, step away, see your life as an outsider, and enjoy a good laugh on you.

Do Something Nice for Someone, because research has shown that when you do your immunoglobulin-A levels go up (and that boosts your immune system.) The trick is to keep some for yourself or you will have nothing left to give. So be nice, but unlike laughing, stop before it hurts. In the office, you can play a game called 'secret angel' in which you do an act of unselfish kindness for someone else while keeping your identity secret. It is a guaranteed feel-good activity for everyone.

Reward Yourself for your little day-to-day triumphs. Work is in a constant flux, so remember what you do best and silently toot your own horn. Be kind to yourself for your efforts and you will have more energy to continue to do your best.

Dare to Be You

When you find ways to express yourself through your work, you access inner power you might not have known. Take time to identify your values and make choices that allow you to live them every day. Be patient as this takes time, and when you make a mistake, learn from it, rather than beating yourself up. ■

Paul Huschilt was a keynote speaker at the 2006 CASFAA conference hosted by SFU in Vancouver. Paul is an award-winning professional speaker and storyteller who has worked in 6 countries and 3 continents. In addition to **Seven Humour Habits for Workplace Wellness**, Paul closes conference with hilarious comic summaries. To learn more or watch a fun 1 minute preview, visit www.paulhuschilt.com; or contact Paul at paul@paulhuschilt.com or 416-324-2730.