

## Defining Humor

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### Dictionary:

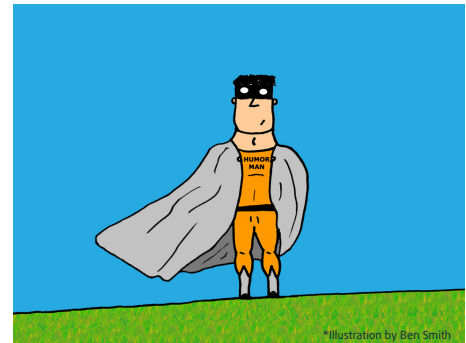
*humor* (hyoo-mer): “a comic, absurd, or incongruous quality causing amusement.”  
-Random House Dictionary

*humor* (hugh-moore): “a way of doing things that is different, effective, and fun.”  
-Humor That Works

## What’s Stopping You?

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- 3% I don’t think it’s appropriate.
- 4% I don’t see its value.
- 15% I don’t have time.
- 36% I don’t know how.
- 41% I don’t think others would approve.



None of these reasons should stop you. Here’s why:

## 6 Core Reasons Humor is Absolutely Needed

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### #1. Humor Improves Communication

Humor makes people want to read and hear what you say which gets people to listen and can help communicate your message.<sup>1</sup>

### #2. Humor Builds Relationships

Humor has been shown to build group cohesiveness, reduce status differentials, diffuse conflict and aid in team and trust building among groups.<sup>2</sup>

### #3. Humor Enhances Problem Solving

Humor causes the release of serotonin in your brain, which improves focus, objectivity and overall brainpower, all vital to enhancing creativity.<sup>3</sup>

### #4. Humor Increases Productivity

Humor improves employee productivity by reducing employee absenteeism, increasing company loyalty, and preventing short- and long-term burnout.<sup>4</sup>

### #5. Humor Boosts Health

Humor burns calories, decreases sensitivity to pain and may reduce the risk of heart disease, all contributors to long-term health.<sup>5</sup>

### #6. Humor Enhances Leadership

Humor enhances leadership as people who use humor are viewed as being on top of things, being in charge and in control.<sup>6</sup>

More benefits at [htww.co/benefits](http://htww.co/benefits).

## How to Get Started

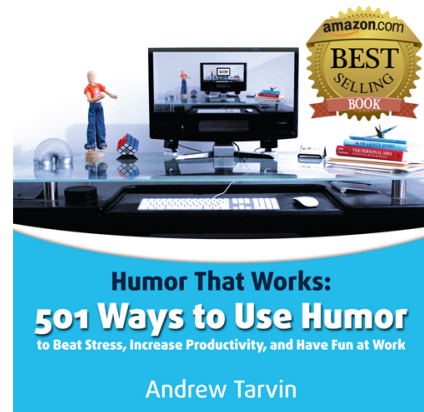
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### Three Steps to Creating a Humor Culture

1. **Do it.** Lead by example. Incorporate humor into you work and others will follow.
2. **Train it.** Teach people the basics of using humor and set them free to use it.
3. **Reward it.** Recognize the people who use humor to make the workplace better.

### Examples of Humor in the Workplace from...

1. Start a humor board.
2. Add a humor section to newsletters.
3. Make a point with stand up comedy.
4. Include a joke at the end of emails.
5. Take an improv class together.
6. Ask interesting questions.
7. Roll out the red carpet.
8. Celebrate Beer:30.
9. Practice yes and.
10. Share this document.



Available on Amazon at  
[htww.co/501ways](http://htww.co/501ways)

## Additional Resources

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Humor That Works



[www.HumorThatWorks.com](http://www.HumorThatWorks.com)  
[andrew@humorthatworks.com](mailto:andrew@humorthatworks.com)



## Sources / Further Reading

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- <sup>1</sup> *Let the Good Times Roll Building a Fun Culture* by D Stauffer. Harvard Management Update U9910B.
- <sup>2</sup> *Humor in the Workplace: A Communication Challenge*. RA Vartabedian. Speech Comm Assoc 11/1993
- <sup>3</sup> *Humor Ups Performance and Creativity at Work*. R McMaster, PhD. Brain Based Biz, 09/2008.
- <sup>4</sup> *All Work and No Play Isn't Even Good for Work*. D Abramis. Psychology Today. 03/1989.
- <sup>5</sup> *Laughter is Good for Your Heart*. B Crawford. University of Maryland Med Center. 04/2009.
- <sup>6</sup> *Getting Serious About Workplace Humor*. M Craumer. Harvard Communication Letter, 07/2002.