

Defining Humor

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

The Need for Humor

Most people think of humor as a nice-to-have, but when you consider:

- 83% of Americans are stressed out at work,
- 55% are unsatisfied with their jobs, and
- 47% struggle to stay happy.

That means the current way of working isn't actually working.

And when you consider that 70% of the workforce is disengaged costing US companies up to \$500 billion in lost productivity every year, you see that humor isn't a nice-to-have, but is a must-have.

Because people who use humor at work are more productive, less stressed, and happier. In fact there are more than [30 Benefits of Humor in the Workplace](#).

The Humor MAP

To effectively use humor, follow the Humor MAP:

MEDIUM: How are you going to execute the humor? Is it an image, video, text, or done live? Will it be in an email, document, meeting, or presentation?

AUDIENCE: Who is the recipient of the humor? How many people? What do they know? What do they need? What do they expect?

PURPOSE: Why are you using humor? To improve communication, build relationships, enhance problem solving, increase productivity, or strengthen leadership?

5 Reasons to Use Humor

Here's how humor helps in today's modern work environment.

#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.

#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.

#3. Humor Enhances Problem Solving

Humor causes the release of serotonin in your brain, which improves focus and increases overall brainpower, both vital to enhancing creativity.

#4. Humor Increases Productivity

Humor improves employee productivity by reducing employee absenteeism, increasing company loyalty, and preventing short- and long-term burnout.

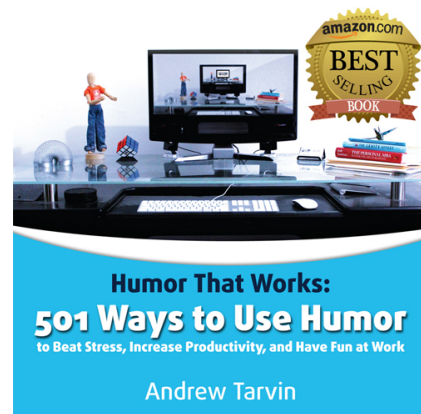
#5. Humor Strengthens Leadership

Humor strengthens leadership as people who use humor are viewed as being on top of things, being in charge, and in control.

Examples of Humor at Work

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

To learn more about how humor can help you, contact me at

andrew@humorthatworks.com | 646-543-7398