

Lighten Up, It's Only Work- The Power of Levity. Jody Urquhart

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Humor, fun and laughter give you the Nerve to Serve in a fast paced environment. Do you use humor *actively* to decrease stress or *passively* (much more common, where you enjoy humor when it happens to occur)?

Humor Sustains You. Make it a habit to laugh at the tough stuff. What's funny is when things go wrong- **not** when things go right. This helps you take yourself lightly so you can take your work seriously.

Laughing is the best stress management technique around because it's fun, free, safe, takes no special training, no equipment, is easy to do, and accessible at any time

Remember Humor puts you in control in two ways:

It puts you in control of your environment by putting others at ease and decreasing tension

It instantly puts you in control of the way you feel. You cannot experience any negative emotion and laugh at the same time

Rise above your circumstances; downplay embarrassing or painful moments by searching for the humor in it

Laughter has been shown to decrease pain (Norman Cousins). Remember humor liberates expectations and appropriately used it will help you manage customer expectations.

Humor and laughter instantly change the way you feel, the way you think and the way you act

Every time you laugh you:

Increases Endorphins (like morphine it makes you feel good and gives energy)

Decreases Stress Hormones

Decreases Muscle Tension from stress (further breaking the stress cycle)

Increase oxygen to your brain which makes you more focused and productive

How can you turn the routine into festivity?

Learn to laugh at yourself- Appropriate Self Deprecating Humor reduces perceived barriers

Laughter helps you be flexible with people and lightens up relationships

Fake it until you make it- Laugh for no reason at all it has the same effect

Be on the look out for humor and laughter moments in your work

Humor comes from the absurd, incongruent and unexpected... can you plan to do something unexpected? www.idoinspire.com, Jody Urquhart