

# Humor at work

Sense of humor as a working tool  
- clinical aspects -

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Kyrre Saether  
Humor i ledelse  
Humor Management  
[www.humorpol.no](http://www.humorpol.no)

# Book of the last year!



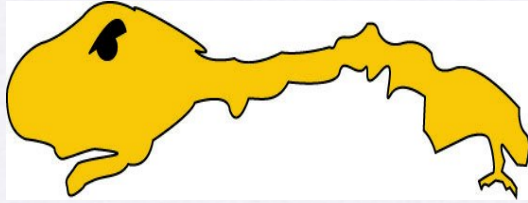
[www.humorpol.no](http://www.humorpol.no)

# Humor at work

- What is humor?
- What is sense of humor?
- What is humor at work?
- How does humor affect work environment?
- Humor and stress
- Clinical aspects
- Guiding lights

Smile-A-Day





NO  WAY



# What is humor?

- **H** ealth; Muscular, Respiratory, Cardiovascular and Immunologic responses
- **U** nderstanding: Communication and cooperation techniques
- **M** anagement; Humanistic view and positive working environment
- **O** pportunity; humors perspective can help shape positive action
- **R** ecognition; you build self-esteem



# What is sense of humor?

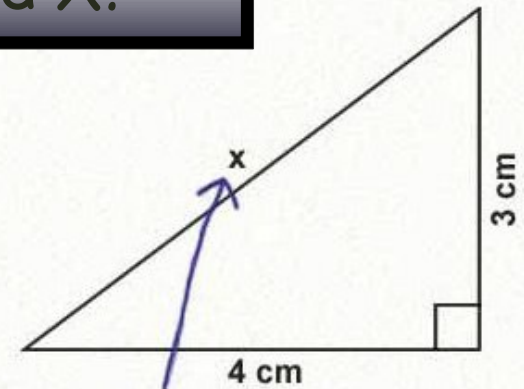
- See things in different perspectives
- Coping mechanism
- Personal and social attitude towards others
- Ways to make the work environment more colorful



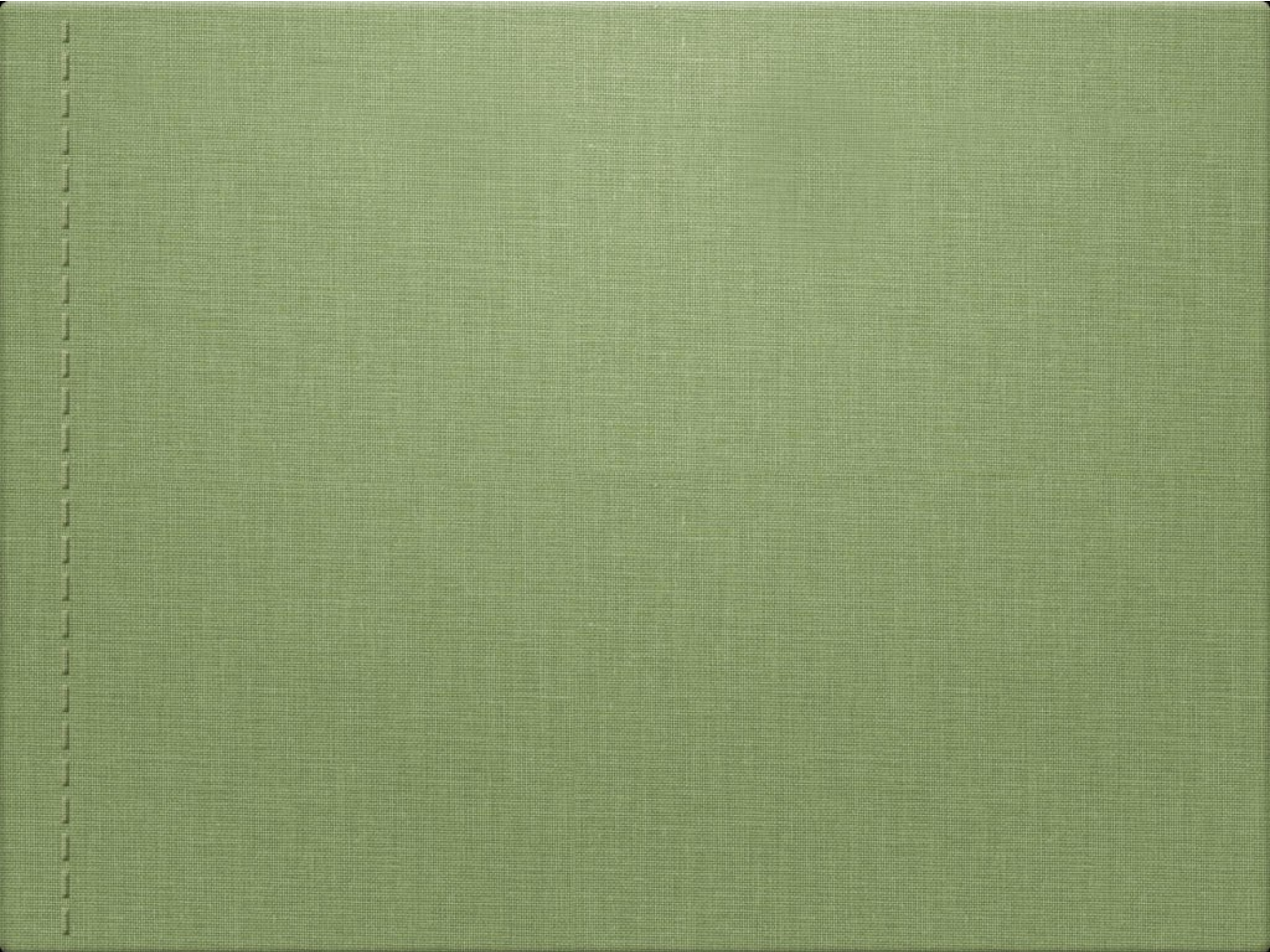
# What is humor at work?

- It's a playful, light attitude towards others - with a serious mind
- It's an open and including relationships accept the unknowing
- It's positive emotions
- It's team building
- Prof. Rollo May;
- It's a healthy way to see the distance between a problem and yourself

Find X?



It's here!



# What is not humor?

- Humor is more than jokes
- It's not disrupting serious work
- It's laughing with, not at
- It's forms that don't make others uncomfortable
- Important; awareness and respect

Don't try to be funny - instead:  
have fun together

# How does humor affect work environment ?



- Easier to handle problems
- Minimize crises
- It builds relationship
- It facilitates communication

# Humor and stress

- Stress is one of the main causes of illness, absenteeism, employee burn out etc.
- Humor makes us feel good - we can't feel good and feel stress simultaneously
- Humor in stress is: just what we needed now - relaxation
- It's snaps our thinking to another channel!

# Clinical aspects

- University of Helsinki / Finland

“Laughter in medical interactions”

- Videotaped 250 consultations: 2002
- 70% didn't answer the laughing patient!
- 20% of the doctors smiled!
- 10% did laugh together with the patient!
- To smile and laugh is an invitation to come closer to each other!



# Clinical aspects

- Our healthcare systems demands for positive thinking
- Coffee / Tee break from 08.00 - 16.00
- The manager wanted to strengthen the team in an department.....



Monday morning?



# Guiding lights



- Take yourself lightly
- Be sincere
- Think simple and small
- Practice relevant humor
- Practice safe humor
- Hire for humor
- Make fun a priority
- Give yourself permission to play



Thank you !

