

*EAP Column*

## Humour important in workplace

By Brian Bethell, IMAAW EAP Coordinator, Vancouver

### *So just how important is it to laugh in the workplace?*

Very important, according to some. An executive recruitment firm recently conducted a survey of 1,000 executives, and learned 84 per cent felt that workers with a sense of humour are more productive in the workplace.

Another survey conducted by a different recruitment firm yielded similar results. Of 737 CEOs surveyed, 98 per cent preferred job candidates with a sense of humour to those without.

Employees are aware of what the statistics say: that employees with a sense of humour bring more creativity and productivity to the workplace, as well as better decision-making capabilities and reduced absenteeism.

Besides, laughter is good for you; it can reduce stress, give us more resilience, lower blood pressure, reduce muscle tension and elevate our moods.

A psychiatrist at the Stanford University School of Medicine who has studied the effects of laughter for over 40 years – Dr. William Fry – says that 20 seconds of intense laughter is equivalent to 10 minutes spent rowing!

We all instinctively know the benefits of humour in the workplace – how it can build teamwork, remove negativity, and help us get through challenging problems and conflict. Humour, in short, can be a real morale booster.

On average, we spend 40 hours a week at work – that's about 1,840 hours per year! Let's make the most of that time spent at work by trying to enjoy those hours and the time spent with our colleagues.



### Need help?



Our monthly reminder that your EAP coordinators are here to assist you with any issues that may be impacting you or the well-being of those close to you. Please give us a call anytime.

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