

THE MORALE FAIRY'S NEWSLETTER

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This installment of The Morale Fairy's newsletter features part six and last topic of the series, "Putting S.P.R.I.N.G. in Their Steps Puts a Spring in Yours." We've looked at SMILE, PRAISE, RESPECT, INFORM and NOTES. This month the focus is on GIGGLE.

GIGGLE (The Value of Laughter)

Do you want a productive workplace with high morale and camaraderie? Hopefully, you answered, "YES!" The importance of a successful work environment is reflected in the bottom line. There is a direct correlation between the atmosphere at the office, store, construction project, school and other places where people work together and the productivity of the people who work there.

Employees (and their supervisors) work better in a positive workplace. Some light-hearted humor can make everyone's morale improve. In places where creativity is an important part of the job, laughter is a vital component to success. Humor can help keep issues in perspective. Laughter releases endorphins, producing a 'feel-good' feeling.

When we take ourselves and our work too seriously stress and tension increase. As tension and conflict increase, productivity goes down. Often this situation leads to clouded thinking, when problem solving becomes more difficult. Sometimes illness, with frequent use of sick leave, results. Teamwork becomes difficult, if not impossible, when unhappy workers who have poor moods refuse to cooperate. Enthusiasm certainly is squelched. Often, people are afraid to laugh for fear of looking silly or foolish.

The Washington CPA firm, Ball & Treger LLP, says about workers: "When they deal with difficult or demanding customers or bosses, are required to enforce unpopular rules, or are put in circumstances that are beyond their control, laughter and shared jokes can help them stay positive." (<http://www.ball-treger.com>) Westaff's newsletter states, "More than 80 percent of conflict is a result of poor communication, often because people get off on the wrong foot. Humor is a great way to break the ice. Laughter is the commonality that can help develop a rapport and neutralize emotionally charged interpersonal situations. And remember, conflict is less likely to erupt in the first place in an environment that already has some joy in it."

(<http://westaff.com/yourworkplace/humor2.html>) According to author Nan L. Crockett,

“People who laugh have greater job satisfaction, which in turn makes them more productive. They’re nicer to customers. They do better work. Laughter also enhances creativity and teamwork. Think about it. If you’re sitting with others around a table solving a problem, your task is infinitely easier if team members trust and like each other. When we laugh together, we build relationships.”

Laughter in the workplace can boost morale, improve productivity, and increase job satisfaction, while reducing the negative effects of stress. Great leaders take laughter seriously and encourage humor in the workplace. They realize a happy, successful, workplace includes productive employees who enjoy their work!

Quotes

The most wasted of all days is one without laughter. *e. e. cummings*

A good laugh is sunshine in the house. *William Thackeray*

Always acknowledge a fault. This will throw those in authority off their guard and give you an opportunity to commit more. *Mark Twain*

Humor is the great thing, the saving thing, after all. The minute it crops up, all our hardnesses yield, all our irritations and resentments slip away, and a sunny spirit takes their place. *Mark Twain*

It is requisite for the relaxation of the mind that we make use, from time to time, of playful deeds and jokes. *St. Thomas Aquinas*

Were it not for my little jokes, I could not bear the burdens of this office. *Abraham Lincoln*

Book recommendations

Laughing Nine to Five - The Quest for Humor in the Workplace Clyde Fahlman

Fun Is Good: How To Create Joy & Passion in Your Workplace & Career
Mike Veeck and Pete Williams

Get Weird! 101 Innovative Ways to Make Your Company a Great Place to Work
John Putzier

1001 Ways to Reward Employees by Bob Nelson

The Southwest Airlines Way : Using the Power of Relationships to Achieve High Performance by Jody Hoffer Gittel

Resources

“Laughing Your Way to Organizational Health: *A Lighter Approach to Workplace Wellness*” <http://www.granirer.com/ART-0006.htm> www.psychocomic.com

“Laughter in the workplace can boost profits, reduce tension”
<http://www.bizjournals.com/twincities/stories/2005/01/24/smallb3.html>

“In Jest” by Clyde Fahlman <http://home.teleport.com/~laff9to5/injest.html>

The Confidence Center – Helping you develop confident, happy, loyal employees
<http://www.confidencecenter.com/>

“No fun of any kind” by Megan Santosus
<http://www.cio-asia.com/PrinterFriendly.aspx?articleid=1048&pubid=5&issueid=36>

American School of Laughter Yoga <http://www.laughteryoga.us/workplace-stress.php>

Giggle while you work with workplace jokes, job comedy, and office humor. On this site, you're the boss.
http://humor.about.com/od/jobhumor/Office_Job_Workplace_Humor.htm

Smiles

You should always give 100% at work...
12% Monday; 23% Tuesday; 40% Wednesday; 20% Thursday; 5% Friday

We had a tough day at the office yesterday. The computers were all down and everyone had to think!

Former Careers:

"I used to work in an orange juice factory, until I got canned. I just couldn't concentrate."

"I found being an electrician interesting, but the work was shocking and I was discharged."

"I used to be a math teacher, but I had too many problems."

"I used to be a tailor, but I just wasn't suited for it. Mainly because it was a sew-sew job."

"After many years of trying to find steady work I finally got a job as a historian until I realized there was no future in it."

This is a story about four people named EVERYBODY, SOMEBODY, ANYBODY AND NOBODY. There was an important job to be done and EVERYBODY was sure that SOMEBODY would do it. ANYBODY could have done it, but NOBODY did it. SOMEBODY got angry about that, because it was EVERYBODY'S job. It ended up that EVERYBODY blamed SOMEBODY when NOBODY did what ANYBODY could have done.

A local monastery was going bankrupt. The abbot didn't know what to do. The brothers had a meeting, and decided to open a great Olde English Fish-N'-Chips stand. One day, a man knocked on the door. After one of the brothers answered the door, the man asked, "May I have just an order of fries?" The brother said, "Hold on a moment. I'm the fish friar. You want the chip monk."