Humor at work
Sense of humor as a working tool
- clinical aspects -

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Humor i ledelse
Humor Management
www.humorpol.no
Book of the last year!

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
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**portunity; 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
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 burnout 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!