With all of the benefits to having humor in the workplace, every office could stand to have a little more fun. But how do you incorporate humor into the corporate world? It’s easier than you might think.

On www.humorthatworks.com, Andrew Tarvin lists 101 ways to create humor at work. Here are a sampling of his ideas for creating a happier, healthier, more creative and productive office:

**Personal Health**

Break up the work day with some physical activity, laughter, or even meditation to help reduce stress, improve blood flow, and burn calories.

1. **Relax and Recharge:** Spend 15 minutes a day relaxing and recharging.
2. **Walk around:** Start a walking group at work; map out a route through the office that has you walking for at least 10 minutes.
3. **Be Hularious:** Hold a hula hoop contest.
4. **Bust a Move:** Dance in the elevator.
5. **Bust a Move Together:** Better yet, have a 3 p.m. dance party.
6. **Take a Break:** Install software like InstantBoss to make sure you take regular breaks throughout the day.

**Motivation**

Kick things into higher gear with some motivational tweaks to your everyday work and see your productivity shoot through the roof.

7. **Pump It Up:** Get energized for the day by listening to some of your favorite songs on your commute to work.
8. **Address Yourself:** Write a letter to yourself highlighting where you want to be in three, six, 12 months and include a silly joke.
9. **Picture the Good Stuff:** Get a digital picture frame and fill it with pictures of your friends and family.
10. **Lead with Quotes:** Include leadership quotes in your email signature.

**Positive humor** can increase productivity, lighten moods, and build relationships. Positive humor is not at the expense of a particular group or individual, is not harmful, degrading, or insulting to anyone.

Manage your own responses to inappropriate workplace humor. Don’t encourage or participate in the negativity. Avoid countering with insulting comments. Instead, consider any of these options:

- Refuse to laugh.

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Fun
Bring out your inner child to break the monotony with good old fashioned fun.
11. Take Aim: Post up a dart board; have a tournament.
12. Build Some Fun: Make a pen bow and arrow.
13. Slink Around: Get a slinky; play with it quietly while talking on the phone.
14. Score a Touchdown: Play paper football while waiting for a meeting to start.
15. Master the Paper Arts: Learn to make an origami crane; make one while you are on a conference call.

Networking
Enhance your career and have fun by extending and strengthening your network.
16. Be a Freshmaker: Find a mentor; give him/her Mentos for mentoring.
17. Play Halloween: Set out a bowl of candy at your cube; allow people to have a piece only after they tell you a story or make you laugh.
18. Be a Storyteller: Pick a story from your weekend to share with others.
19. Say Thank You: Send a thank you note for something someone did at least once a week.
20. Mix It Up: Create work-appropriate nicknames for people on your team using anagrams.
21. Find a Pin-Up: Make a themed calendar full of pictures of people from your department.
22. Picture This: Photoshop pictures of your team onto a picture of super heroes or celebrities.
23. Do Some Branding: Create a logo and theme music for one of your projects; use it whenever you do status updates or send out emails.

Meetings
Survive the drain of meetings by incorporating some humor into the mix.
25. Play a Song: Learn "Mary Had A Little Lamb" on touch tone phones; play it while waiting for a phone conference to start.
26. Lie: Play two truths and a lie during introductions at your next meeting.
27. Have a Ball: Get a stress ball; toss it back and forth when talking in meetings.
28. Take Note: Take meeting minutes; include fun/interesting/random thoughts you have while in the meeting.

Training
Improve engagement and retention with a little variety and uniqueness in your training materials.
29. Turn Lemons into Lemonade: Set up a lemonade stand; give out lemonade and teach patrons about your service or project.
30. Fill in the Blanks: Start your next meeting with a work-related Mad Lib.
32. Be Magical: Learn a simple magic trick and use it in your next meeting or presentation.
33. Tell a Joke: Include an intentionally silly joke in your next speech. Tie it back to the topic somehow.

Community-Building
Build a stronger community and improve relationships in the entire office with some laid-back, entertaining, office humor.
34. Eat, Greet, Meet: Start a lunch bunch.
35. Get Cartoony: Start a cartoon board; post some funny cartoons.
36. Showcase Your Kids: Create a "look at what my kid made" mural for employees to share their kids' creations.
37. Make It Up: Hold an improvised talent show.
38. Get Lucky: Organize a pot luck lunch with people in your office.
39. Piece It Together: Put out a jigsaw puzzle in the break room

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- Ask them to explain the joke to you. While explaining the joke, they may realize the inappropriateness of what they said.
- Speak up if you didn’t think it was funny.
- Calmly tell them you think what they said isn’t appropriate for the workplace.
- Consider speaking with human resources about the issue. There may be policies against the behavior.

Miscellaneous
Be creative, be humorous, be funny, be random, be happy through a smorgasbord of office fun.
34. Smile: That’s it; just smile.
35. Live and Laugh: Try to laugh 100 times in a day; it doesn’t matter at what.
36. Ask Questions: Include an off-the-wall question in your next survey, such as “How much wood could a woodchuck chuck if a woodchuck could chuck wood?”
37. Get Sketchy: Create a video sketch.
38. Know What’s Going On: Schedule 30 minutes on your calendar every week to read about what’s happening in your industry.
39. Say the Word: Check out Merriam-Webster’s word of the day; see if you can naturally work it into a conversation.
40. Have F.U.N.: Name your next project something that has a silly hidden acronym.
41. Be Original: Brainstorm your own unique way of bringing humor to work.

Source: www.humorthatworks.com

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