

ENHANCING SOFT SKILLS AND PERSONALITY

T. Ravichandran

Humour in
the Work Place



Lesson
27

Week 6

Unit 2





Highlights

OF THE LAST LESSON



- ❑ Emphasised on the importance of humour in communication.
- ✓ Humour creates good mood and spreads positivity around.
- ✓ It keeps one healthy, minimises worries and enhances happiness.
- ✓ We always remember those who made us laugh.
- ✓ Humour can be used as a very effective communication strategy.
- ✓ When humour is mixed with horrifying and tragic moments, it makes the horror or the pain bearable.
- ✓ But be serious, when you have to be serious!
- ✓ Similarly, jokes and humorous anecdotes can break monotony in communication.
- ✓ Simple level: Smile; higher level: laughter; lower level: Sarcasm
- ✓ Developing humour is a natural process.
- ✓ In communication, humour makes you successful in transactions and helps you to convey a message effectively.



LAUGHING AND LIVING?!



- ❖ I remember attending the funeral ceremony of an eminent person whose dead face had a remarkable smile! People interpreted that as contentment of having lived a satisfied life.
- ❖ But, how many of us can assure that we can die with a smile on our face?! While, we know for sure that it is not possible to give any assurance in this regard, we all know that it is possible to keep smiling when we are living!
- ❖ Don't we all like the smiling face of someone? Aren't humans captivating the hearts of others just by beautiful smiles?

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LAUGHING AND LIVING?!

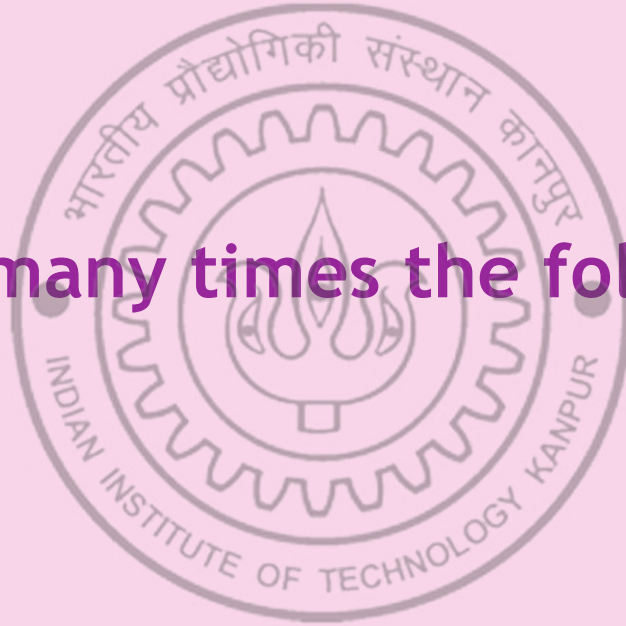
- ❖ So, every time you look at the mirror, just remember to add that smile! Remember, laughter can be therapeutic and contagious!
- ❖ Laughter originates from the Greek word *gelos*, which means, "laughter." *Gelotology* refers to the study of laughter and its effects on the body, from a psychological and physiological perspective.
- ❖ As Maya Angelou recommends: “Laugh as much as possible, always laugh. It's the sweetest thing one can do for oneself and one's fellow human beings.”
- ❖ As Langston Hughes points out, “Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you.”



HOW MANY TIMES DO WE LAUGH?



- ❖ Can you guess how many times the following laugh in a day?
- ❖ 4 year old Children
- ❖ Adults above 20
- ❖ Adults above 40



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HOW MANY TIMES DO WE LAUGH?

- ❖ Can you guess how many times the following laugh in a day?
- ❖ 4 year old children: 300 times
- ❖ Adults above 20: 17.5 (15-20)
- ❖ Adults above 40: 4 times!
- ❖ “Laughter Changes Us . . . and in the loveliest ways. When we lighten up we feel more positive and optimistic, more hopeful and engaged. We’re friendlier, more resourceful, more attractive, more radiantly alive” (Pamela Gerloff).
- ❖ Pamela Gerloff recommends that for a healthy life one should increase the “laughter quota” to 100 times a day!
- ❖ 100 times of laughter equals 10 minutes jogging and reduces the risk of heart-attack.



Source: Pamela Gerloff, "You're Not Laughing Enough, and That's No Joke: Can you get your daily count into the healthy hundreds?". Psychology Today. 2011.

HUMOUR IN WORKPLACE

❖ The place where one works is viewed as a serious area where humour is forbidden. Some view their workplace as a torture chamber. Mostly work is seen as generating more negativity.



❖ Nonetheless, this negative perception can be changed by introducing humour in the workplace. When we learn to laugh together, we will work happily together and generate a positive work environment.

❖ No special training is required to inculcate humour as it is inherent in human nature. In fact, humour is a defining characteristic feature that makes a human being essentially human!

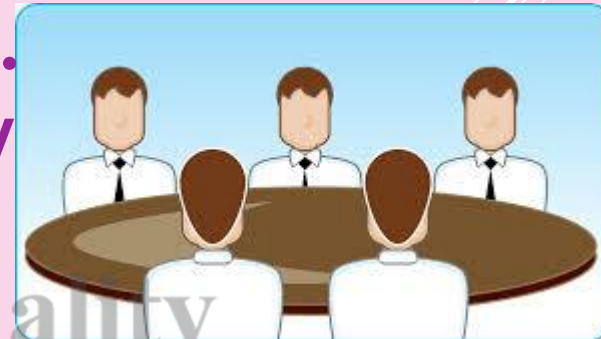


HUMOUR IN THE WORKPLACE



❖ People are afraid of being humorous thinking that other people might think that they are crazy or are not serious about work. These are all false perceptions and myths perpetuated by insecure people!

❖ Culturally, humans try to find occasions for laughing together because it fosters bonding within groups. Hence, we cannot neglect someone for being very serious in office.



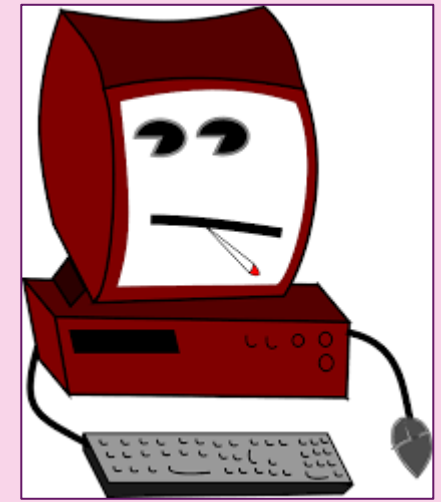
❖ When we see a comic sense overlapping all our chaotic routine, we will be able to handle problems easily.

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HUMOUR IN PROBLEM-SOLVING

- ❖ In workplaces, often brainstorming is used to think out of the box and resolve problematic issues. Sessions which had lot of fun and laughter generated more creative ideas and solved problems quickly!
- ❖ A research indicated: “Those who watched a comedy were measurably better at the task using insight than those who watched a horror film, or worse yet, a lecture about quantum electronics. . . . What this means for the innovation manager and brainstorm facilitator is that humor, lightened mood, and mental spaciousness are important when it comes to encouraging creativity, ideation, and problem solving.” (Moses Ma).



Two Kinds of People

There are only two kinds of people on earth today

Two kinds of people, no more I say.

Not the rich and the poor, for to know a man's wealth

You must first know the state of his conscience and health,

Not the happy and sad, for in life's passing year

Each has his laughter and each has his tears

So, the two kinds of people on earth I mean

Are the people who lift and the people who lean

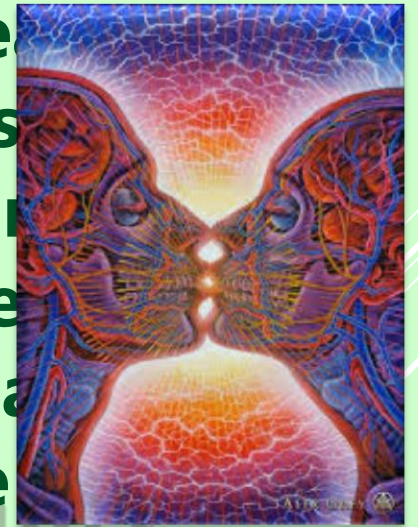
Which class are you? Are you lifting the load

Of some overtaxed lifter who's going down the road

Or are you a leaner who lets others share

Your portion of toil and labor and care?

~ Ella Wheeler



*"You don't stop laughing
because you grow old,
you grow old because you
stop laughing."*



~ Michael Pritchard
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FOR FURTHER REFERENCE...



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<https://www.helpguide.org/articles/relationships/fixing-relationship-problems-with-humor.htm?pdf=true>

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Pamela Gerloff, "You're Not Laughing Enough, and That's No Joke: Can you get your daily count into the healthy hundreds?". Posted Jun 21, 2011.
<https://www.psychologytoday.com/blog/the-possibility-paradigm/201106/youre-not-laughing-enough-and-thats-no-joke>