Laughter really is the best medicine!
People who use humor are more productive, less stressed, have higher salaries and are generally happier.

Every office could stand to have a little more fun. Learn about humor at work by watching this Ted Talk.

A little laughter can go a long way...

**Physical Benefits**
- Soothes tension
- Lowers blood pressure
- Diminishes pain
- Boosts energy
- Burns calories

**Mental Benefits**
- Improves your mood
- Eases anxiety and depression
- Relieves frustration
- Adds joy and happiness to life
- Improves long term memory retention

**Social Benefits**
- Builds trust and strengthens relationships
- Enhances teamwork
- Promotes group bonding
- Diffuses conflict

Other laughable moments...

- Bring recess to work! Taking breaks for fun and laughs throughout the day can actually increase productivity. Try a quick game of musical chairs, hopscotch, or imaginary jump rope (think: double dutch).
- Check out these videos and share a laugh!
  - Puppies and babies
  - Animals and mirrors
  - Shark cat and roomba
  - Dog tease
- Make it a habit to spend time with people that make you laugh.
- Add laughter to your daily to-do list. Don’t cross it off until you have a good chuckle.
- Don’t forget to laugh at yourself.
- Put funny pictures or comics around your desk or office to keep humor on your horizon.
- Sign up to receive fun weekly Stress Buster emails to bring a little levity to your day.