

Harness Humor



Laughter, humor, and joy lead to improved well-being, boosted morale, increased communication skills, and an enriched quality of life. Complete three of the following activities to add humor and laughter to your day.

- Eat lunch with your non-dominant hand today. Encourage your coworkers to do the same and have a good laugh together!
- Start your day or meeting off with a fun “would you rather” question such as, Would you rather have no elbows or have no knees? Or Would you rather have a photographic memory or an IQ of 200?
- Ask a coworker about the funniest or most embarrassing thing that has happened to them while on the job. Take a minute to giggle together about the experience.
- Reminisce with friends or family about memories and stories that make you giggle.
- Try something new. When you try something new-whether it’s drawing, practicing karate, or learning to roller blade- your initial attempts will likely be clumsy and humorous.
- Share a few of these [Tongue Twisters](#) with coworkers, friends, or family. Laugh together as you stumble through!