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The power of positivity



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Things you can do to bring joy to your workplace

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By Health Shield's Wellbeing Team

Laughter isn't just a source of joy; it's a powerful tool for improving mental health, strengthening social bonds, and creating a happier workplace.

Adding humour to the workplace doesn't mean being a stand-up comedian - it's about creating light-hearted, positive moments that boost morale and create a genuine connection. Laughter in general has a remarkable effect on an individual's mental wellbeing:

- **Reduces stress:** Laughter decreases stress hormones like cortisol and increases feel-good endorphins
- **Eases pain:** Laughter can act as a natural painkiller by increasing pain tolerance by relaxing muscles
- **Boosts mood:** It helps combat anxiety and depression by promoting relaxation and positivity
- **Improves Resilience:** A sense of humour can help people cope with challenges more effectively
- **Encourages Connection:** Laughing together builds trust and strengthens relationships

Laughter also has a surprisingly strong positive impact on the immune system. High levels of cortisol can suppress immune function, so by reducing it, this helps keep the immune system stronger. Additionally, laughter increases blood flow and stimulates the production of certain antibodies and immune cells, such as T-cells, which help fight infections. This improved circulation can enhance the efficiency of the immune system, allowing it to more effectively ward off illness.

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4 tips of how you and your team can bring more laughter to your workday:

1 Share light-hearted stories

Talk about amusing (and appropriate!) personal experiences or workplace anecdotes that others can relate to. A funny story about a harmless misstep or quirky hobby can help lighten the mood.

2 Celebrate mistakes with humour

We all make mistakes occasionally, turn small, harmless workplace blunders into opportunities for laughter.

3 Introduce “laughter breaks”

Dedicate a few minutes during team meetings or breaks to share a joke or watch a short, funny video. Use apps or websites like “Dad Joke Generator” for quick and clean humour.

4 Surprise your colleagues

Leave a funny note or doodle on a colleague’s desk to brighten their day. If your workplace has whiteboards or shared spaces, write a light-hearted “joke of the day.”

Positivity and laughter at work can lead to incredible outcomes:

- **Increased productivity:** Happy employees are more engaged and motivated to excel
- **Better team dynamics:** A positive environment fosters collaboration and reduces conflict
- **Enhanced creativity:** Laughter sparks creative thinking and problem solving
- **Enhanced employee wellbeing:** Positive workplaces support mental health, leading to lower absenteeism
- **Improved customer experience:** Cheerful employees spread positivity to customers and clients in their daily interactions if they are more positive

Key Reminders

Whilst we all want to have some fun at work, just remember to know your audience and read the room, humor can be subjective, so ensure jokes and activities are inclusive and won’t offend people or disrupt focus during serious tasks.

Whilst day to day you might not introduce these, however a workplace filled with laughter isn’t just more enjoyable it’s more productive, collaborative, and creative. Bring a smile to your team’s day and enjoy the ripple effect of positivity!

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