

# Laughter tips for the Workplace

---

by Sarah Wember © 2008

1. Look for the funny things that always exist like typos, the funny actions of your coworkers, your own funny behavior.
2. Give your projects comical names like *Quasimoto* or *Thumper*.
3. Have mindless toys on your desk and take short breaks to play with them.
4. Wear a funny hat to express or change your attitude.
5. Use cartoons to help with communication.
6. Play with the idea of stress—learn to celebrate it.
7. Laugh with your co-workers for a few minutes for no real reason at all.
8. Under your clothes, wear a T-Shirt with a saying that lightens you up.
9. Find playful ways to lighten up conflict with co-workers, i.e., certain toys that diffuse conflict; develop lightly humorous things to think or say; use comical visualizations that help you keep perspective.
10. Exaggerate and play with the issues that annoy you most.
11. Incorporate elements of a game into your work. For example, give yourself a prize for completing a project; divide the project into a football field and see each stage of completion as a first down; give yourself a cheer; develop a ritualized, playful way of turning on your computer.
12. Laugh for 5 minutes in your car on the way to work.
13. Wear light-hearted, temporary tattoos that help you cope.
14. Wear a light-hearted tie, scarf, or some other kind of clothing that will help you feel good and playful. Wear funny underwear if it is a serious day or meeting and outer attire must match accordingly.