

The All-Important Question

Keeping Balance

***Humor in the  
Workplace***

Changing the Way We Work

Starting With You

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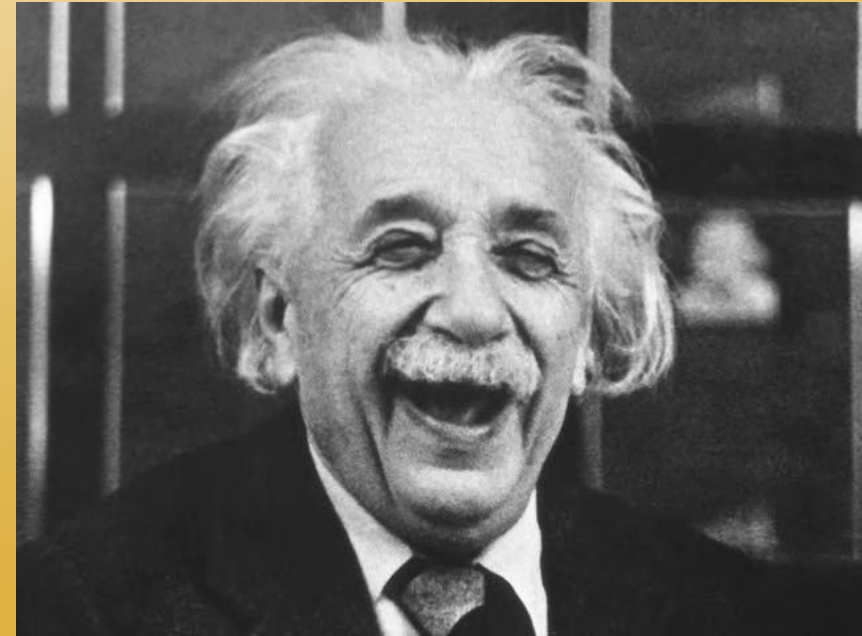
Think about someone you work with now, or have worked with previously, that really seems to enjoy his or her job. Not only that, but you and others also enjoy working with them.

What are some words or phrases that describe this person?



# The All-Important Question

*Are You  
Funny?*



# How to become funnier:

- ✓ Taking your job seriously and yourself lightly.
- ✓ Recognize the difference between being funny and being rude.
- ✓ Develop your sense of humor by looking for the fun in everyday experiences.

# Keeping Balance

## Common Objections to Humor @ Work:

- “If employees are having fun at work, they must not be working hard enough and must need more to do.”
- “It would just be a matter of time before someone gets offended and sues someone.”

# Keeping Balance

## Basic Rules to Keep in Mind:

- Play it safe- If you're not sure if it's appropriate, it's probably not.
- Laughter should not be at the expense of others.
  - Don't use humor to complain, vent, etc.
    - Avoid "sensitive" topics.

# Changing the Way We Work

## Benefits of a Humorous Work Environment:

- ✓ **Facilitates communication**
- ✓ **Reduces harmful stress**
- ✓ **Builds relationships**
- ✓ **Keeps things in proper perspective**



# Changing the Way We Work

## Benefits of a Humorous Work Environment:

- ✓ Energizes people
- ✓ Improves attendance/retention
- ✓ Increased employee engagement
  - ✓ Strengthens teamwork

# Starting With You

## Three Things We All Can Do:

- Be someone others enjoy working with
- Whenever possible, choose your relationships wisely
  - Laugh at yourself (*before others get the chance*)

# When All of These Are in Place:

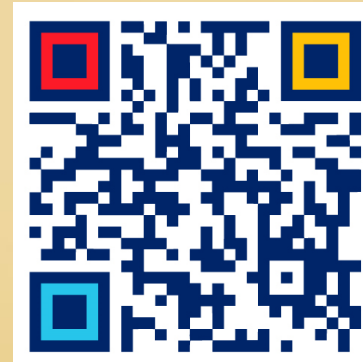
- Productivity increases
  - Daily tasks seem less mundane
- People are willing to work together as a team
  - The work environment is more enjoyable

Physical Health: laughter has an immediate impact on the body.

- 👉 The stimulation of laughter increases our circulation, because of its effect on the heart and blood pressure.
- 👉 It increases our respiratory exchange, with more oxygen coming in and more carbon dioxide going out.
- 👉 It increases the metabolism and activity of our muscles, improving the condition of body muscles and conditioning the heart muscle.
- 👉 It stimulates the production of endorphins, the brain's built-in painkiller (a chemical that is 10 times more powerful than morphine).
- 👉 Every time you have a good hearty laugh, you burn up to 3 ½ calories.
- 👉 The immune system has been shown to be affected in two general ways:
  - 1) Laughter increases the concentration of circulating antibodies in the blood stream, and
  - 2) It increases the concentration of circulating white blood cells in the components of the immune reaction to combat foreign proteins.

“To laugh often and much; to win the respect of intelligent people and the affection of children...to leave the world a better place...to know even one life has breathed easier because you have lived. This is to have succeeded.” *Ralph Waldo Emerson*

**Feedback Please!**



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