

A Laughing Employee = a Happy Healthy Employee.

Written by Richard Paul

A Funny Key note Speaker/Trainer/Author/Ventriloquist

www.richardpaul.com

Laughter is a natural moment of escape that feels good. The more we laugh the more we escape. The more we escape from the daily hassles and routines, the more we can free our minds from the stressful thoughts that studies have shown create blockage and disease.

Many years ago I worked for Sears as a credit authorizer. The job was tedious and sometimes boring. There were times when we were too busy to think and other times when we didn't know whether our jobs were secure. Most of my fellow employees were worried and fearful and to tell you the truth I was heading down the same path.

One day I decided it wasn't worth it to worry and be stress all the time over something I couldn't control. I made choice to work to change my outlook on life. Instead of getting caught up in all the negative, I decided to look beyond problems to find the funny. Soon my co-workers joined in on the fun by sharing silly jokes and looking for humorous anecdotes to help lighten the darkness of what could have felt like a dead end situation.

Research has proven that laughter lowers blood pressure and reduces fear in uncertain situations. It is good medicine for everyone who is willing to let go and let out a good laugh. My first boss was some what of straight lace kind of guy, very tight looking, everything was business to him. One evening during the night shift I was determined to get a smile on his face. While he was looking over some my paperwork I pretended to faint, making a silly sound as I hit the floor. It was obvious that I was faking and he looked down at me and said in his business tone of voice. "Get-Up!" Then he laughed out loud, vibrating the glass that surrounded his office. From that night on he was a little more playful and a lot less stressful.

It doesn't take much to bring some fun into the workplace. Good clean fun that doesn't offend or make anyone feel uncomfortable. It can be anything from sharing a funny personal story about your children to holding up a toy stuffed cow during a meeting on beefing up sales.

Any comedian will tell you that there is funny in every situation. When my sister died it was tragic for my family. When we were looking at caskets and pick out the vault, I was walking behind the undertaker who's toupee was on crooked and his shoe made a squeak when he walked. I silently pointed it out to the rest of my family causing my mom and dad and brothers, sister and I to excuse ourselves to go outside to laugh. Those few minutes of guffaw gave us the comic relief needed to get through that day.

Everyday look for the funny in your life. There are comical moments that can allow you to giggle, snort or roar with laughter in your workplace. Not only will you feel good inside but you will also demonstrate a healthier, happier frame of mind that you can share with your customers and colleges.

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Richard Paul is a funny professional keynote speaker, trainer, author and ventriloquist who promotes positive thinking through laughter. His new CD "Duck Sense" offers up seven hilarious lessons on how to release the negative and affirm the positive. Each lesson is stuffed with useful information that will change your life and keep you QUACKING UP!

For more information visit Richard Paul's web site at www.richardpaul.com or call the Duck Sense World headquarters at: 800-579-8051 Sign up for the Free Duck Sense Monthly Ezine: ventking@richardpaul.com