



## ***This would be Funny.... if it wasn't Happening to Me!***

How to Embrace Change with Enthusiasm and Vigor

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In today's environment Soft skills are as important as hard skills.

Maintaining perspective with humor helps take your self lightly so you can take work seriously. Your perspective sets the tone and impacts tension and morale.

If you love your job and the people you do it with you never have to go to work again  
You can't always change your circumstances- and the human mind **can** be changed- you change it every minute of every day, with every new thought.

Recognize how you are in change:  
Your perspective- from narrow to broad  
Your reaction

**Balance-** To decrease stress and create a life of balance: be on purpose and take care of yourself first.  
Encourage others to lead a healthy lifestyle.

How we typically deal with conflict:

- 1) Avoid it
- 2) Pretend
- 3) Complain

Inappropriate behaviors that help people get what they want at the expense of others:

- Gossip
- The Silent Treatment
- Withholding Information
- Passive Aggressiveness

Humor, fun and laughter give you the Nerve to Serve in a fast paced changing environment.  
Do you use humor *actively* to decrease stress or *passively* (much more common, where you enjoy humor when it happens to occur)?

Humor Sustains You. Make it a habit to laugh at the tough stuff. What's funny is when things go wrong- **not** when things go right. This helps you take yourself lightly so you can take your work seriously.

*Remember Humor puts you in control in two ways:*

It puts you in control of your environment by putting others at ease and decreasing tension.

It instantly puts you in control of the way you feel. You cannot experience any negative emotion and laugh at the same time

Rise above your circumstances; downplay embarrassing or painful moments by searching for the humor in it

Laughter often marks the turning point where people stop being a victim and start becoming a survivor. You don't play when you feel better you feel better when you play

Laughter has been shown to decrease pain (Norman Cousins). Remember humor liberates expectations and appropriately used it will help you manage expectations.

Humor and laughter instantly change the way you feel, the way you think and the way you act

Laughing is the best stress management technique around because it's fun, free, safe, takes no special training, no equipment, is easy to do, and accessible at any time

Every time you laugh you:

Increases Endorphins (it makes you feel good and gives energy)

Decreases Stress Hormones

Decreases Muscle Tension from stress (further breaking the stress cycle)

Increase oxygen to your brain which makes you more focused and productive

Laughter helps you be flexible with people and lightens up relationships

Fake it until you make it- Laugh for no reason at all it has the same effect

Be on the look out for humor and laughter moments

Humor comes from the absurd, incongruent and unexpected... can you plan to do something unexpected?

Purposeful work comes alive by *daring to be caring* moment by moment, to create a life that is uniquely yours at work. Spend time lifting people up with humor, the greatest positive source of energy we have.

## **NOTES:**

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