


- Discuss how various features of this infographic help achieve the author's purpose:





HUMOR AT WORK:

Hows and Whys of Workplace Humor

Using humor at work can make you more productive, less stressed, & happier, and yet only  1/3rd of workers use it consistently.

Here's why you should use humor in the workplace.

THE NEED FOR HUMOR AT WORK

83%

Americans feel stressed about their jobs



55%

Americans are unsatisfied with their job



47%

Americans struggle to stay happy



BENEFITS OF HUMOR

When challenged with a problem, people who watched a comedy video beforehand were **3.75 times** more likely to solve the problem!



Humor can increase happiness by up to **42%**



Laughing for **10–15 minutes** can...



Increase your heart rate by **20%**



Improve blood flow by **50%**

and burn as many calories as...



5 MINUTES
OF AEROBIC EXERCISE



10 MINUTES
OF DANCING



15 MINUTES
OF MILKING A COW

HUMOR & HAPPINESS

Humor helps connect people by building trust, reducing status differentials, diffusing conflict, and creating positive shared experiences that bring us closer together.

And people with **3** close friends at work are **96%** more likely to be satisfied with their lives.

- From the website of Humor at Work, an American company that provides resources on how to achieve success and happiness in the workplace.