

- 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  1/3<sup>rd</sup> 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

Humor can increase happiness by up to 42%



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



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.