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WORK IS NO LAUGHING MATTER! OR IS IT? We need to laugh more on the job...

As noted physician and author Dr. Bernie Sigel writes, “the simple truth is that happy people generally don’t get sick”. Let’s realize that work is difficult and often stressful, but stressful events are not permanent... so don’t forget to laugh while you work!

Positive Benefits of Laughter in the Workplace:

- Relieves stress
- Diffuses anger and tension
- Eases conflicts and misunderstandings
- Creates a positive environment that can build on itself (laughter is contagious)
- Fosters team building and bonding with colleagues (decreases feelings of isolation)
- Promotes effective communication between colleagues
- Encourages employees to enjoy their work...can lead to increased productivity
- Adds the personal touch to getting the job done...which can make work more enjoyable and lead to increased productivity

*If you would like additional information about Humour in the Workplace,
please give us a call at 1(800) 363-8900.*