

A Light Approach to Workplace Wellness by Liggy Webb



In today's workplace, wellness is a serious issue with so many people suffering stress related illness and absenteeism is reputed to be at an all time high. The impact on business is significant. On a positive note let's take a look at how a lighter approach to work can reap immense rewards.

Many organizations frown upon the idea of laughter at work, seeing it as a distraction from getting the work done. The work ethic many of us were raised with also reinforces this attitude as "Work isn't supposed to be fun!"

Well why not?

I do believe we are starting to realize that all this suffering is really bad for us. Not only that, but we're finding that it's actually counter-productive to delivering the bottom-line results.

Scientific research points to a better way of living and working. A recent study conducted at financial institutions in America found that managers who facilitated the highest level of employee performance used humor the most often.

Scientific data also proves laughter to be an integral part of physical wellness. Dr. William Fry of Stanford University has demonstrated that laughing 200 times burns off the same amount of calories as 10 minutes on the rowing machine.

Another study reveals that after a bout of laughter, blood pressure drops to a lower healthier level than before the laughter began.

Laughter also oxygenates your blood (and thus increases your energy level), relaxes your muscles, and works out all major internal systems like the cardiovascular and respiratory systems.

Furthermore, researchers report that laughter also affects the immune system. According to Dr. Lee Berk of the Loma Linda School of Public Health in California, laughing makes it grow stronger, with the body's T-cells, natural killer cells and antibodies all showing signs of increased activity.

As more and more groups realize the benefits of laughter, they incorporate it into their wellness programs and day-to-day work. I've found from working with many organisations that they often have a lot of very funny and resourceful people who just need to be given permission and encouragement to use their sense of humor on the job.

So why not look at introducing humour and fun into to your work environment.

Contact info@thelearningarchitect.com for more details about Workplace Wellness