



Creative Humor at Work: Living the Humor Perspective

Sandra S. Meggert

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Creative Humor at Work: Living the Humor Perspective describes benefits and blocks to using humor and identifies areas where this has been an effective tool to ease stress and enhance communication. There are frequent differences between how men and women appreciate humor and, since humor is often used in building and maintaining relationships, information on these topics is included. Several humor skills are identified, and are suggested as means to create your own mental "Humor Kit" to be used whenever the need arises.

Research has demonstrated that humor attracts and motivates people and that having a well-developed sense of humor combats depression and is an effective measure to reduce stress. Each of us can create a mental or physical "Humor Kit", one that contains jokes, stories, songs, sayings, anything that makes us laugh and dip into this kit whenever we find ourselves in stressful situations.

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