

Laughter, Does it Make the Workplace Healthier?

One of the most common sayings is, “Laughter is the best medicine”. What everyone doesn’t understand is how true that statement actually is. Laughter has been proven to do many wonderful things for people’s physical and mental wellbeing. Which means laughter can most definitely play a big part in creating a healthy and safe work environment. Not to mention it’s entirely free and easy.

A study from the University Of Maryland School Of Medicine has found laughing reduces the risk of cardiovascular disease.¹ Laughing is also known for releasing endorphins which act as a painkiller and improves people’s happiness. So obviously laughing in the workplace is good because it reduces the risk of cardiovascular disease which can cause a company a lot of money in lost wages and time off. Having a happy, pain-free employee has its obvious benefits to the workplace, such as:

- Happy & pain free employees are more productive
- They are present at work more often (lower absenteeism)
- Happy & pain free employees create an awesome atmosphere
 - Which makes recruitment and retention easier, thus saving money!
- Happiness can increase creativity
- More accurate work

As listed above, laughing is a stress reliever and has been known to boost workers’ productivity and creativity, which will be a very positive boost to the work ethic and quality of work done by the company as a whole. Not to mention laughing is a great social bonding experience and will help workers make bonds with their co-workers which will make work a more fun place and therefore boost their productivity. Also, laughing has been known to reduce tension and help resolve conflict so really it’s a triple win.

Taking the time and effort to try and make sure your workplace is a healthy and happy one will pay off in the future. You can accomplish this by introducing some fun social activities into the workplace (lunches for employees, barbeques, fun trivia, etc.) or by having wellness programs in your workplace to encourage healthy lifestyles outside of work as well!

¹ <http://umm.edu/news-and-events/news-releases/2005/school-of-medicine-study-shows-laughter-helps-blood-vessels-function-better#ixzz2qfYajPA3>