Lighten Up

“Humor is mankind’s greatest blessing.” --Mark Twain

In the book *Water The Bamboo*, Greg Bell says, “Your ability to lighten up and maintain your sense of fun and humor – despite the pressures of life and work – can determine the quality of your experience, your ideas, your health and your accomplishments.” Studies show that laughter reduces stress hormones and increases the level of mood and health enhancing chemicals such as endorphins and dopamine. Studies show that the “Curiosity Gap” (satisfying your curiosity) releases dopamine in the brain to create a high. Human Performance studies show that a positive work environment equals a higher performance and safer work environment.

Did you know that children laugh on average 415 times a day? Adults laugh on average 15 times per day. What can you do in the next 24 hours to laugh more? What can you do next week at work every day to laugh more? An atmosphere that is playful and humorous is one that we want to work in. An atmosphere that is fun is one that we learn better in. Humor and fun is a valuable instructional design tool to “make training stick.” To be healthier, safer and enhance our learning ability, there are lessons we can learn from children… laugh more… Lighten Up!