

10 Benefits of Humor in the Workplace



Everyone can appreciate how good it feels to let a deep belly laugh take over. And yet, we tend to laugh less and less as we age.

According to a Gallup survey, by age 23, the rate of laughter per day decreases dramatically. The average 4-year-old laughs up to 300 times a day. The average 40-year-old only laughs about three times per day.

A bout of laughter has some important short and long-term effects. The Journal of Managerial Psychology ran a meta-analysis on positive humor in the workplace.

They found that the benefits of using humor at work include:

1. A lighter mood
2. Reduced stress
3. Faster interpersonal bonding
4. A greater sense of belonging at work
5. Better perceived leader performance
6. Overall workplace cohesion
7. Improved mental health
8. Closer relationships
9. Reduced inhibitions
10. More happily resolved disagreements

Great leaders can pick up on these benefits of humor at work too.