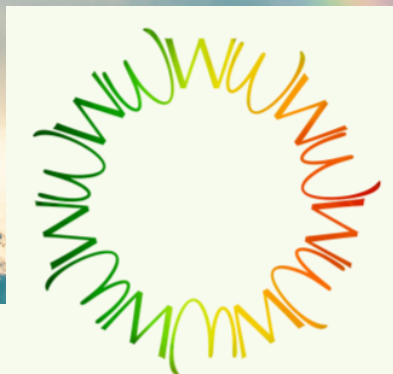# WeeklyWisdom

Grow the Green for You and Your Team

"I believe that laughter is the best emotional Band-Aid in the world. It's like nature's Neosporin." -- Matt LeBlanc

Creating Joy at Work - Laughter & Humor Edition

Fun Fact: Adults laugh on average 17 times a day; the average kindergartener laughs over 300 times a day.

There are many team benefits to (appropriate) laughter and humor at work: connecting with co-workers, reducing stress, and boosting energy.

Benefits for individual well-being stem from laughter, too. "Laughter releases dopamine, enhances immunity, lowers stress hormones, increases blood flow, and strengthens the heart."

A good sense of humor "leads to increased optimism, which in turn, boosts our resiliency and enables us to thrive when we are faced with adversity."

Find creative ways to increase the mood of your team: Create a humor wall of funny quotes or photos. Start meetings with, "Tell us something funny." Share your favorite funny movies or TV shows.