

Quality of Life TIPS & TRICKS

The Joke's on You

We work in a field that subjects us to a lot of heartbreak, exhaustion, and trauma – some personal and some of the vicarious variety.

While the work that we do is serious and hard, this [TED Talk](#) is worth the 10-minute listen. It highlights the importance and impact of humor in the workplace, whether initiated by leadership or anyone amongst the team. It shortens the path to connection, bonds us, and provides additional health benefits.

So, to break the ice, try your hand at a joke, even if decidedly corny: “Which rock group has four guys who can’t sing or play instruments? Mount Rushmore.”

You smiled, didn’t you? As this TED Talk says, the bar is really, really low, but the positive effects of humor can be huge.



This Wellness Tip was brought to you by the Quality of Life Subcommittee of the Primerus™ Quality Assurance Board and Featured Contributor Nicole Quintana. We also welcome your tips, which can be submitted to Paige Neirman at pneirman@primerus.com for publication consideration.