

Top 10 Ways To Build Net Mirth

10 HAVE FUN FOR A CHANGE

Remember that laughter and play are essential ingredients to a well balanced life. They are also tools that can bring about positive change if used properly.

"There is a time to laugh... a time to dance." –King Solomon

9 COLLECT AND SHARE HUMOR

Collect funny things as you find them. Categorize them alphabetically backwards in rows of columns and bunches. Share appropriate, timely, and tasteful humor with others.

8 MAKE THEIR DAY

Besides humor, try sharing a note, gift, smile, or random act of kindness with someone to make their day. It'll come back to you.

"A smile is the shortest distance between two people." –Victor Borge

7 CREATE A FUN ENVIRONMENT

Designate a bulletin board or wall for people to contribute jokes, cartoons, quotes, etc. Hang funny signs, pictures, or posters. Bring silly mugs to work. Put a rubber chicken in the staff refrigerator. Float plastic fish in the water cooler. Use your imagination!

6 COLLECT FUN(NY) RESOURCES

Collect items for fun and recreational therapy such as cartoons, joke books, humorous CDs, juggling props, magic tricks, gag props, costume items, clown noses, buttons, stickers, etc. Make them readily accessible to everyone.

5 TAKE JOY BREAKS

When it is possible – and prudent – pick up a fun resource (see #6) and take a brief joy break. Then return to work refreshed and more productive.

"Pleasure in the job puts perfection in the work." –Aristotle

4 PROMOTE FUN

Put humor in memos, newsletters, and agendas. Open conferences with a silly song, story, or skit. Close serious meetings with fun finger food or a little play time. Reward those who model good humor and a positive attitude.

3 CELEBRATE

Decorate and do crazy things to celebrate special occasions. Have a meeting at a fun place off-site, and follow up with a casual social event. Play wacky games at your next employee picnic. Plan events like Silly Shirt Day, Funny Hat Day, Crazy Tie Day...

2 FIND OTHER RESOURCES

Check out: www.humorproject.com for books and conferences; www.aath.org and www.hnu.edu/ishs for research; and www.hahawny.org for WNY humor resources.

1 MAKE A VOW

Choose to practice joy on the path of service!