

# LAUGHING AT WORK



## STIMULATES

- > Creativity
- > Team spirit
- > Relationships among colleagues
- > Socialisation
- > Confidence
- > Empathy



## CREATES

- > A positive environment
- > A good mood
- > Peaceful interactions



## POSITIVE EFFECTS ON HEALTH AND TEAM SPIRIT



## DEFUSES

- > Difficult situations
- > Complicated scenarios
  - > Tension
  - > Conflicts



## IMPROVES

- > Dedication
- > Productivity
- > Collaborative problem-solving
- > Teamwork

Tip: practice self-deprecation to lighten the mood



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