

Do you laugh enough?

Despite the predictions from many years ago about a four-day, 32-hour workweek, a paperless society, a more relaxing work environment etc., it just has not happened. The fact is that most of us are working longer hours, weekends and handling endless streams of paperwork, as well as electronic messaging. Where does it end?

It ends when you make a conscious decision to take your life back. When did we all forget how to have fun and enjoyment in our lives? "When was the last time you laughed at work?" Life is a careful balance and when the balance is upset something tumbles off. Have you ever been on the other side of a teeter-totter and the other person jumps off?

Stress is the buzzword for the new century. We have so many things in our lives designed to make life easier and faster for us. The net result is that we use them more and more, and strive to get bigger and better time savers. The harder we strive for these things the less time we have to ourselves, time for our families, time to relax and unwind. Take a break! Enjoy a vacation! Forget about work for a little while! Read a book! Find out how much easier it is to smile when the computer is off, your cell phone is off, you are not frantically driving somewhere and your mind has been reset to relax mode.

It is impossible to frown when you laugh! Look at people in the office, on the street, in



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their cars. I see too many frowns everywhere I look. Laugh and the world laughs with you, frown and you bring everyone down.

In a recent study from The University of California, Lee Berk M.D. found that "laughter can fight viruses, bacteria, cancer and heart disease." Don Ardell from the University of Northern British

Columbia says, "Laughter really is the best medicine. It's been proven to relieve tension, boost the immune system, lower blood pressure and block pain. It is cheap, available and has no side effects."

Ask a simple question to a friend or loved one. "Do you think I laugh enough?" You may be surprised by the answer.

Personally, I believe that what we do in our daily lives are simply the choices that we make while we drive down the highway of life. We decide what maps to use, but more importantly we decide when we need to stop for gas and regular maintenance. I have always said that fun and laughter are like a lubricant for creativity.

I urge you to change your oil on a regular basis. Get more "smileage" out of your vehicle!

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