

SUCCESS CAN BE FUN

By Kirsty O'Callaghan

Have you noticed that some people on their road to success feel it is a serious business and lose their ability to have fun? I have found that there is a 'secret ingredient' that they may be missing to achieve that success faster, easier and most of all, healthier. It is humour.

Nothing works faster or more reliably to bring your mind and body back into balance than a good laugh. Humour inspires, motivates, connects you to others, and keeps you grounded, focused, and alert.

Humour has been reported to do many positive things to your body. It's responsible for elevating your mood, breaking up boredom, reducing fatigue, and gives you a more flexible outlook on life. It also boosts your immune system, reduces stress, relaxes muscles and lowers your blood pressure.

Consider that having more humour in your personal and professional life will increase creativity, teamwork, opportunities and ultimately productivity. The reality is that people are attracted to an element of fun and laughter. Because of humours' social nature, those people with a healthy sense of humour are less overwhelmed in tough situations, more cheerful and less rigid. They are also able to use laughter to diffuse hostility and encourage cooperation when working in a team and completing projects. People who laugh well together work well together.

When using humour, whether it is in a professional or personal standing, it can have positive or negative effect. Understanding different types of humour will assist you to have a positive effect.

Poking light heartened fun of yourself can provide a much needed relief from tense situations. Put-down humour, teasing, sarcasm and ridicule are not the best idea, as it may cause self esteem issues, misunderstandings and resentment from others.

Telling funny jokes can lighten the mood. Jokes can provide a sense of togetherness, as long as the joke doesn't isolate other individuals.

Observational humour is the healthiest of all humour. People who use this type of humour have a unique outlook on life. They are always able to see the bright side of things and they don't take themselves too seriously. This enables them to deal more easily with daily stress in their life at work and at home. Observational humour is the only type of humour which can be enjoyed alone. As a result, studies linking humour with health have tended to support this type of humour.

It is well known that children learn more through play, so here are a few tips on how to be successful through fun.

Limit sarcasm - It has the potential to be taken the wrong way in a work environment.

Joke appropriately - Don't just memorise the latest joke making the rounds on email. Tailor your jokes to the individual or situation, and keep them clean.

Be funny - Making a funny comment to diffuse tension is a great idea, but don't overdo it.

Surround yourself with positive and fun people - Spend time with those who are upbeat and avoid negative people whenever possible.

Laugh with others - You can be seen as having a great sense of humour without ever telling a joke. Just listen to those around you and share in their laughter.

Today, let go and have fun - Remind yourself to have fun and laugh every day.



Author Profile: Kirsty O'Callaghan is the Proprietor of Unity-Qld. Kirsty specialises in assisting and guiding working parents to create a stronger connection with their children and satisfaction in their parenting role. The techniques and strategies

Kirsty uses focus on a holistic and individual basis; knowing we are all capable of greatness, with the right knowledge, tools and support.

Website: www.unity-qld.com.au.

Phone: +61 7 3482 4295

Business: Unity-Qld

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