

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

