HUMOR IN ACADEMIC ADVISING: Jest for the Health of It!

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Humor helps to combat hardening of the Attitudes.

Today’s academic advisors are faced with overwhelming job-related stressors that can lead to impaired employee health conditions.
“If work was more fun, it would feel less like work.”
The average preschooler laughs or smiles **400** times a day.

An adult laughs or smiles about **17** times a day.
Can laughing on the job make a difference in the way we do our jobs? Absolutely!
People who laugh on the job:

😊 Are better decision makers

😊 Get along better with co-workers

😊 Are more creative

😊 Are more productive
Of all the things I’ve ever lost, I miss my mind the most!
Humor and Laughter can foster a positive and hopeful attitude.

- Less likely to succumb to feelings of depression and helplessness
- A release of uncomfortable emotions
- Laughter and anger cannot exist in the same space
Admittedly, my attempts at Humor have not always worked out!
WE NEED HUMOR BECAUSE ...

- 1 out of every 4 workers suffers from anxiety-related illness!
- Companies spend almost half their bottom line on employee health costs related to stress!
- Stress-related illnesses cost U.S. more than $150 billion annually!
- U.S. consumes 15 tons of aspirin every day!
InDUHviduals at Work.
And...
And...
Just copying a Word document…
Always the ‘teacher’ even off-campus.
Spell check for cardboard...
And...
And...
And...
Perhaps sometimes we think Academic Advising jobs stink...
Or maybe we think we always get “dumped on” at work…

(remember, it could always be worse!)
Without Humor our workplaces are unhealthy spaces.
Workplace Stress is taking it's toll on workers like never before.
Having a healthy sense of Humor is not about being funny or telling jokes.
Every aspect of your daily work can be enhanced with Fun and Humor.
HOW?

- Look at things from a different perspective
- Expose yourself to the Humor you enjoy
- Collect Humor
- Use Humor as a tool, rather than a weapon
- Build Humor into the University culture
The benefits of Humor are measurable!

- 100 laughs = 10 minutes of aerobic exercise
- 15 minutes of laughter = relaxing effect of meditating for 8 hours
- 10 minutes of laughter = relaxing effect of 2 hours of sleep
Humor can have a positive impact on the workplace from several perspectives.

- Physiological
- Psychological
- Sociological
PSYCHONEUROIMMUNOLOGICAL
Effects of Humor

• On the Mind
• On the Respiratory System
• On the Digestive System
• On the Immune System
Some say, “Jeannie, I’ll play at work when I feel better.”

I say, “You’ll feel better at work when you play!”
Dr. Jeannie Killian

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Speaker Topics: Burnout; Humor; Stress; Team-Building; Communication; and Customer Service