



Ascension

Ascension WI EAP

Humor in the workplace

(When the workplace is home)

The dog went on a barking spree

It seems that animals (replace or add children, spouses, housemates etc.) do have a very innate sense to know the exact moment when you are about to unmute for the conference call. So you end up having that 9am meeting in your pajamas, in the cold, with the dog watching you intently through the window.

We have a choice

In these moments, we have a choice. Do we make excuses? Do we cry? Do we yell? ...or do we laugh? Humor helps us bond with others, helps us cope, helps us normalize a very abnormal situation, and can help us look at something from a different perspective.

We're about 3-4 weeks from seeing people's real hair color

Working from home can be challenging. If you're running outside to take a call, locking yourself in the bathroom so you have a 2 minute break, or if you're walking around the house with your laptop on a meeting while your child pulls on the back of your shirt because they want juice...don't fret. Laugh. Let people laugh with you. This is not one of the many *Little House on the Prairie* quarantine episodes. This is 2020, we have the ability to stay connected, and realize more than ever that we're in it together. It feels vulnerable, showing our true colors (roots and all) but it also feels very....genuine. Hearing the smoke alarm go off in the background because your coworker forgot the kid's fries in the oven is real, and it is everything that we are all going through. It's funny, and it's ok to laugh because we get it. We all get it.

Share your Humor

When you find something that makes you laugh, share it. Find a few people who share your humor and when you find something that makes you laugh, share it with them. It helps build connection, and it's fun.

When you can't find the humor

Try to smile even if it feels fake. The simple act of smiling can send signals to your brain that release some feel good endorphins. In other words, "fake it 'til you make it."

EAP may not be there to make you laugh, but we are here to help. You can email us at eap@ascension.org, find us on our website at www.ascensionwieap.org, or call 1-800-540-3758.