a few notes

Topic: Humor

Daily Envision Employee Check-in
Hosted by Dr. Stefanie Simmons

Boss: How good are you at power point
Me: I excel at it.
Boss: Was that a Microsoft joke?
Me: Word!

In today’s employee check-in, we use a little humor to relieve stress. A sense of humor can be an amazing line of defense when it comes to coping with stress. Unfortunately, stress is inevitable and you can’t eliminate it, despite your best efforts. Developing a sense of humor about life’s challenges is a great place to start. Here are some ways to get started. Start with a smile, take a step back, value the extremes, recruit funny friends, make a game, watch funny shows and movies, read funny books and lastly practice relaxation techniques.

Click here for related Source#1