

## **A Sense of Humour and Creativity**

A further result of allowing a sense of humour to lighten a situation is that we are more easily able to think at a higher level of creativity. A sense of humour and creativity go together like the proverbial “horse and carriage”. Creative ideas help to resolve stressful situations and we can use them to improve both our personal lives and work environment.

When we are stressed and tense we are unable to think clearly. Minimising the negatives and maximising the positives puts us in a better mood and bring us back to a more creative and focused level of productivity in all facets of our life. A sense of humour comes out of a relaxed attitude, a right outlook and an open mind and creates a cheerful and creative atmosphere. It is well known that people perform more creatively on a task when it is deemed “play” than when the word “work” is attached to it and it has been shown that creative thinking has shown greater improvement after watching comedy than when watching a drama.

The synergy of humour and creativity is often shown when, for example, you have been working on a problem for some time with no end in sight. Just walking away from the problem and thinking about something quite different, particularly if it is humorous entertainment, for a while usually brings a solution very quickly when you return. Most people think more creatively when they are relaxed and the pressure is off.

That is why creative thinking in the workforce is more important now than ever before. It is essential to have staff who can think laterally, or “outside the box”. These are the people who are more quickly able to find solutions to difficult problems; they are innovative, creative and results oriented. Creating a peaceful work environment that is conducive to more creative thinking thus becomes a priority. Since research has shown a correlation between humour and creativity it follows that a relaxed, comfortable and ‘fun’ office atmosphere must generate more creative problem solving and thus higher productivity. As mentioned previously, a sense of humour must always be appropriate to the situation.

In the ever-changing world of business, many companies are now creating an atmosphere which nurtures the creative thinking skills of staff. They realise that creative problem solvers among empowered staff are needed at all levels, not just in management.

A sense of humour and creativity do not only belong in the work environment, they are of great value in your home where the whole family can benefit. Cheerfulness, a more positive outlook and a closer relationship are the rewards.