7 SIMPLE WAYS TO BRING HAPPINESS TO WORK

Increasing your team dynamic can lead to all kinds of benefits; not just for your business but for the wellness of your team. A team that is healthy in mind and body is a team that can go that extra mile to deliver your business goals.

If I told you I had one method to help improve your team dynamic, you might click on the link out of curiosity. But I haven't got one method. I've got seven methods that will help improve the mind and body of your team! And the great thing about these methods is that they take so little of your time to implement!

1 THE POWER OF SAYING THANK YOU

Saying "Please and thank you" is one of the first lessons we learn as children. Usually eager to please, we do as we're told. Then the surly teen years hit and all bets are off. Most of us do come back to some semblance of civility. (Granted, some more than others.) As we grow into adulthood the amount of appreciation we express, and our ability to sincerely say "Thank you" has a dramatic impact on how we relate to others. Research has shown that saying a heartfelt 'Thank you' to staff can increase offers of help from staff by 50%! That's a huge amount of help for something as simple as saying two words. Now I know it's obvious that saying 'thank you' is appreciated by pretty much every human being on the planet. We only have to think about how we feel when someone doesn't say it to understand the power of those two words.

But if it is so obvious, why aren't more businesses embracing this simple philosophy? Is your business saying thank you enough?

The benefits of throwing around Thank You's are enormous. And we have so many opportunities every day. How many people can you think of you can thank that you may have overlooked in the past? Who can you think of that you can thank again with more passion? Who will you always remember to thank in the future?

2 STICKY NOTE COMPLIMENTS

Happiness is contagious. If you have an office full of people who are happy then everyone coming into contact with your business will feel happy too! Now imagine what that happiness can do for your business.

The great thing about this technique is that it's simple to incorporate into your daily routine. All you need is a spare ten minutes, a pack of sticky notes and a dose of positivity.

On the sticky notes just write out as many positive comments as you can think of. I've put a few below to help you get started (and if you struggle with this kind of thing then just google 'positive comments').

- You play a crucial role in our company's success.
- It's so obvious how you pay attention to detail.
- You are always so quick to show initiative.
- You are an awesome employee!
- It's incredible how often you go above and beyond.
- Your work never ceases to amaze me!
- Things have definitely been crazy lately, but you're crushing it!

You may well find that after you do this a few times, your staff will start to do the same thing with their co-workers and soon you'll have a workplace that is a positive, happy and successful environment.

3 CREATE LAUGHTER BREAKS

Laughter really is the best medicine. The laughter Guru, Madan Kataria, believes laughter promotes well-being and true mirthful laughter can have a liberating, transformative effect. Participants of 'laughter yoga' start with fake laughter which evolves into real laughter as inhibitions dissolve and stress is released. Participants describe the exercises as a life-changing physiological release where stress lifts from the body and soul. Countless research has shown the many benefits of laughter to help reduce stress, increase wellness and promote bonds between co-workers. When you laugh your body realises endorphins, the 'feel good' chemical that our body naturally produces. Not only do endorphins lift our mood but they also act as a natural pain killer, alleviating any mild pain that we may be experiencing. Laughter also helps us forget any problems that we may be experiencing, if only for the time you are laughing. It is physically impossible to feel down when you are laughing!

Laughter breaks promote inhibition and generate innovation and creativity. The more stressed an employee is, the less likely they are to contribute creative ideas with confidence. Give employees the opportunity to get together, socialize, and laugh during the workday. This has been shown to increase employee engagement in tasks and increase productivity. Nurturing an environment that encourages laughter and playfulness allows employees to feel recognized and valued while releasing tension and connecting with others.

4 STAND UP BREAK ACTIVITIES

Even the most productive workplaces sometimes experience a dip in energy. To reboot the vigour in your workplace, here's a quick and easy energizer that helps revitalize people without being too cheesy. It works best with a group of at least ten people. It's called Stand Up/Sit Down and here's how it works.

1. Announce that you're going to lead a 90-second stretch break. Explain to the group that you will read a series of statements and that they will be standing and sitting based on whether the statement applies to them or not.
2. Read the first statement and say, "If this applies to you, please stand. If not, remain seated". Give folks a moment to look around the room to see who is standing.
3. Read statement number two and say, "If this applies to you, please stand. If not, remain seated, or if you're currently standing, sit down." And then carry on with the rest of your statements.

HERE'S A SAMPLE THAT I'VE USED RECENTLY:

Please Stand Up If…

- You have a cat
- You have a dog
- You love Mexican food
- You've seen the movie "_____" (name a recent popular movie)
- You are a fan of "_____" (name of popular network/streaming service show)
- You've worked for [name of your company] for more than 10 years

5 COMPLIMENT JAR

Compliments make us feel good — both giving and receiving them. Compliments help us communicate that appreciation we feel toward one another. A compliment is any sort of sincere appreciation of a trait in someone or a behaviour or an appearance.. And that makes us feel good.

In fact, research shows receiving a compliment can enhance performance, social interaction, positivity in relationships and increase general happiness. By giving compliments you can make interactions more enjoyable, bring out reciprocating warmth from others, and create a favourable impression in their eyes.

Compliments make a person feel admired and appreciated. They also play a critical role in boosting confidence, especially in a person who has low self-esteem and needs assurance. Of course, whether you give or receive a compliment, make sure that you are sincere.

This is how the compliment jar can work in your business. You give each of your employees a jar which they will leave somewhere on their desk. When the employee finishes a piece of work, goes above and beyond, etc etc, you can put a compliment in their jar which they can pick out and read at any time. Once the jars are in place you should encourage all of your employees to write compliments to their co-workers whenever they want to.

You'll be amazed at how much goodwill and energy will be swirling around your office when your staff are pulling out fantastic and heartfelt complements on a daily basis.

Just remember to give yourself a compliment jar!

6 CHARITY DAY

Corporate charity days can have amazing benefits to team morale and genuinely helping charities with worthwhile causes can be personally rewarding to each and every employee.

Volunteering – particularly in teams – can give you and your co-workers a motivational boost. You must work together for the day towards a common goal, often utilising new skills outside of your usual day-to-day remit. Junior employees can be given the chance to take on a leadership role and without the pressures of office deadlines, you might uncover some hidden talents from quieter colleagues.

Here are just a few of the ways that corporate charity days can provide you and your team with 'the feel good factor'.

1. Time away from your desks or the office can clear your head and help you refocus when you return to work.
2. When you're volunteering, there is no office pecking order – you're all on the same level.
3. The lack of pecking order can enable you to learn things about yourself, and your team, that you didn't know existed. The change in environment and type of work can allow previously undiscovered strengths and skills to shine through.
4. You can network with colleagues you wouldn't usually get to spend time with and engage with people outside of your immediate team.
5. It's true what they say, helping others helps yourself – "No act of kindness, no matter how small, is ever wasted." – Aesop.

7 THEMED DAYS

The idea of 'wellness days' is certainly not a new concept, though team-building days may have been more well-known over the history of staff programs. However, the true impact of wellness days and schemes is really only just being realised, as employers gain understanding of how they tackle staff stress and go on to aid their business.

In 2019/20 there were an estimated 828,000 workers affected by work-related stress, depression or anxiety. This represents 2,440 per 100,000 workers and results in an estimated 17.9 million working days lost.

Recognizing theme days is a very simple way to bring a little fun and humor into your workplace and create some rituals and traditions to help strengthen your workplace culture. Theme days bring your staff together and are a great chance to blow off some (company sponsored steam) which will in turn lead to a reduction in stress related illness.

SOME IDEAS FOR THEME DAYS ARE:

- Sports Day – Wear your favorite sports team colors, shirts or jerseys.
- Dress Down or Denim Day
- Hawaiian Shirt Day – Have a contest for the best one!
- 50's, 60's, 70's or 80's Day – Dig into those closets and show off your vintage apparel.
- Band T-Shirt Day – Wear your favorite band T-shirt (as long as it is appropriate for a public setting).
- Pajama Day – With breakfast served by supervisors!
- Nerd Day

Canned LAUGHTER

SO THERE YOU HAVE MY 7 SIMPLE WAYS TO BRING HAPPINESS TO WORK, WHICH WAS YOUR FAVOURITE?

As 'The Laughter Man' number 3 really appeals to me, and I have a number of proven laughter exercises that you can use for your team. If you would like to find out more about how a laughter session works,

YOU CAN DOWNLOAD MY FREE GUIDE HERE