



FHC Outreach News



Fisheries and Habitat Conservation
"Healthy Fish and Wildlife, Healthy Habitats,
Healthy People and Healthy
Economies"

October 2005

Dr. Mamie Parker, Assistant Director



Highlights of the FHC Employee Appreciation Picnic!!

Wow! What a great Celebration!



The group that made it all happen!

Upcoming Events:

The FHC ACADEMY returns on October 13th- join Steven Fochtman as he presents, "Working Together: Deaf & Hearing People." 1 p.m.-3:00 p.m. in Room 200A/B, ARLSQ. Please join us!

Our next FHC All Hands Meeting is Thursday, October 13th, at 9:00 a.m. Dan Ashe, our featured speaker, will give a presentation on the Future Challenges Project.

The FHC Outreach Retreat is being held October 24-25, 2005, at the Chesapeake Bay Field Office, Annapolis, MD. Check with Jo Ann Mills (x2430) for all of the details.



Karl is REALLY cookin'!



Yum, crabs!

Welcome to Ben Harrison! As part of the ALDP Program, he will "job swap" and fill the "Outreach Team Leader" position from October 24–November 19, 2005. Currently the R1 Refuges Branch Chief, please make Ben feel welcome in FHC!!



A heartfelt thank you to all of FHC!





In the Name of Humor...

**“There cannot
be a crisis next
week. My
schedule is
already full.”**

Former Secretary of
State Henry Kissinger

OCTOBER is...
NATIONAL
POPCORN
MONTH!!



The FHC Outreach Mission:

*“To create and share a
passion for Fisheries
and Habitat
Conservation that
unifies, engages, and
inspires all our
audiences.”*

Taking Humor Seriously at Work

How serious can we be about humor in the workplace, and how humorous can we be about the seriousness we often find there? According to a Robert Haft International 1985 survey only 15% of workers are fired because of lack of competence. The remaining 85% are let go because of their inability to get along with fellow employees. When asked about the qualities of an effective employee, senior administrators and human relations personnel check humor as one of the choice attributes of a desired employee.

Why has humor become a recognized asset in the workplace? Humor facilitates communication, builds relationships, reduces stress, provides perspective, and promotes attending and energizes.

Humor Facilitates Communication. Humor provides a non-threatening medium through which an employee or employer can communicate with others without intensifying the emotional temperature of the relationship. Consider the frazzled secretary who posts the sign "I have only two speeds, and if this one isn't fast enough then I'm sure you're not going to like my other." Or the somewhat scattered boss whose messy desk is complimented with a note that says, "A Creative Mess is better than Tidy Idleness." The message is clear, yet the communication is done in a light and, therefore, less stressful way. The secretary's sign pokes fun at the situation, and the boss's note pokes some fun at himself.

Humor Builds Relationships. The development of staff cohesion and a sense of team effort in the workplace can be effectively facilitated by the use of humor. Bulletin boards, electronic mail, intra-office memos, voice mail, etc. all offer mediums through which we can share humor with co-workers. Office jokes taking the seriousness of work lightly provide us with the opportunity to become more connected with others.

Humor Reduces Stress. Work is often associated with stress, and we know that stress is one of the main causes of illness, absenteeism, employee burn-out, etc. Humor is a great stress reliever because it makes us feel good, and we can't feel good and feel stress simultaneously. At the moment we experience humor, feelings like depression, anger, and anxiety dissolve.

Humor Provides Perspective. Another way in which humor oils the gears of the workplace is by providing perspective. Consider the Ziggy cartoon where Ziggy is lying on the psychiatrist's couch and the psychiatrist is saying, "The whole world isn't against you...there are BILLIONS of people who don't care one way or the other."

Humor Promotes Attending and Energizes. We know that all good lecturers have many jokes, stories, and anecdotes that are shared in order to command attention and energize the audience. Humor wakes us up and increases our attending. In working environments where humor is supported there develops a culture that utilizes the humor to reduce stress and provide perspective. Learning to laugh at ourselves and our work lightens the load.

Humor is a major career asset, so let's be serious about humor and use humor to lighten our seriousness in the workplace. As we increase our personal humor quotient and spread our humor contagiously to others, we will begin to see the "lite" at the end of the tunnel.

From: <http://www.humormatters.com/articles/workplac.htm>