

The Magic of Humour

Read and discover

1- Read the first and last paragraphs of the text. Find out the writer's attitude towards using humour at work and school.

Using humour at work and school is the new wave of this millennium, believing it is healthy, profitable and sometimes necessary.

If you are too serious and like to work or study all the time, you may be believing the outdated saying: "if you're having fun, you can't be working".

A lot of people believe humour restricts performance at work and school, logic and experience tell us this is just not the case. People who truly enjoy their work and school can't wait to get there and can't really tell the difference between work and play. This is sometimes confused with being a "workaholic", but the people who are fun loving toward their work are less stressed, do a better job and are filled with satisfaction. They are witty, energetic, creative and positive.

Using your sense of humour at work and school is the perfect tool to get more pleasure out of your day. If you use your humour appropriately, in moderation and if you respect the boundaries of your situation, you will be surprised how quickly it will be embraced and adopted by those around you. In our fast-paced world, people are always looking for solutions to combat stress and fatigue. They often underestimate the power of humour and resort to expensive and sometimes harmful remedies. They fail to realise that humour can produce wonders! To laugh with passion stimulates you mentally, emotionally, physically and spiritually. You feel light, powerful, joyful and at peace with yourself.

Along with those great feelings, come many other benefits:

- Humour reduces stress and boosts morale
- It facilitates change
- It improves communication
- It relieves boredom
- It builds confidence

Always remember to take a break from your work and studies to recharge with fun, smiles and laughter.

Being over-serious 'makes it more difficult to cope with daily tasks.

2.

Tick the ideas mentioned in the text. Justify your answers.

- a. Some people believe that humour should be excluded from work and school.
- b. People are more productive if they have fun while working or studying.
- c. Humour and hard work cannot co-exist.
- d. Humour is sometimes better than medicine.
- e. Too much seriousness may affect your health.
- f. Too much humour may hinder people's work or school achievement.

3- answer these questions according to the text.

- a. What emotional gain do people get if they use humour at work.
- b. Can you guess from the context what the word 'workaholic' means?
- c. What are the disadvantages of 'over-seriousness'?

4 - What do the words underlined in the text refer to?

a. 'there' (paragraph 2):

b. 'they' (paragraph2):

5 - Without going back to the text, complete the following table in your own words.

Benefits of Humour

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6 -

Have your say

Do you approve or disapprove of using humour at school ?

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