



Is your career going like you hoped it would? If so, great. A lot of people struggle to achieve their professional goals. So if you have, kudos to you.

Are you existing in a different reality? That's where many of us find ourselves. We thought we would be doing more with our professional lives by now. Perhaps we are stuck in an entry-level job when we know we were cut out for something better. Maybe you just want to earn more money and wonder how to start climbing the corporate ladder.

Whether you're right where you want to be in your career or not, you could benefit from a sense of humor. If you are already doing great on the job, why stop there? Another promotion or two, and you could create an even better career picture. In this case, being known for your well-timed jokes could help make that happen.

On the other hand, you may be working tirelessly to get promoted. You want more pay, more benefits, and more responsibility. That's admirable. If this is your outlook, developing a healthy sense of humor can deliver the job rewards you've sought.

Work Can Be Stressful, and Humor Relieves Stress

There are chemical reasons why laughter makes you feel good. That being the case, you don't need any scientist to tell you that you get a boost in positive

emotions when you laugh. You probably understand that work can be incredibly stressful. A sense of humor provides much-needed relief from the stress, anxiety, and harsh demands many jobs require.

You may not become CEO of a Fortune 500 company simply because you know how to tell a good joke. A sense of humor is just one of many admirable qualities you should acquire to stand out to your employers.

If you and another person are both up for the same job, your ability to make people laugh during stressful situations might be the deciding factor. This is especially true if you're up against a stick in the mud known for never laughing or smiling.

Humor Shows That You Can Look at Things from All Angles

Did you know your sense of humor relates to an ability to accept multiple viewpoints? It shows that you don't always look at things with a heavy, heads-on focus. Business solutions are often found by taking a creative approach to a problem. Creativity is a byproduct of humor.

Your Bosses and Coworkers Learn to Trust You

Letting your hair down and being humorous shows people who you really are. You remove any disguises you might otherwise wear in the workplace. People can't trust you unless they really know who you are. Your sense of humor lets people know the authentic you, someone just like them that enjoys a good joke from time to time.

We're not saying you should act the fool every minute you are on the job. There is a time and a place for everything. If you want to advance your career, embracing a sense of humor at the right time can be just what the doctor ordered for healing a sick and stagnant career.