



Employee Wellness

Health Road Trip



Haha Lulu
Hawaii



Where Laughter is the Best Medicine

Aloha-ha and welcome to the beautiful island of Hahalulu, Hawaii! You may have heard the old adage that ‘laughter is the best medicine.’ The Hahalulu Islanders are true believers in this.

In the early 1950’s, Mr. I.M. Funny, III, moved his growing business operation from the mainland to Hahalulu. He and his wife had visited the island years ago and fell in love with the people and their fun- loving approach to life. “The weather wasn’t too bad either,” Mr. Funny chuckles.

The Funny’s Bone Factory opened on April 1st and ramped up its dog bone production shortly thereafter. The success of his thriving business has much to do with the work culture that Mr. Funny and his top associates created for the plant’s 200 employees.

It is this unique workplace environment that explains why the company enjoys 98% retention of employees and has been named to the Top 10 Places To Work list compiled by the Hahalulu Better Business Bureau.

A quick tour of the factory reveals a company that takes humor seriously. “The business wins when employees

have an opportunity to laugh and have some fun at work,” says Human Resources Director, Phil Cosby.



Erupting With Laughter

Hahalulu emerged from the sea millions of years ago thanks to the power of volcanoes. Even today the island is home to two active volcanoes that visitors can actively explore.

Don't be surprised if you feel "great mana," or spiritual power, as you hike along rocky trails and imagine hot lava flowing down the mammoth mountain. Light-Hearted Lele, the volcanic goddess who resides on the Island, is quite protective of her home.

To keep her happy and content, Islanders hold a festival each year to celebrate the fun-loving spirit of Light-Hearted Lele. This event is a tribute to Lele and serves to remind Islanders of the importance of fun and laughter to preserve health and happiness.

Humorologists Hardy Chaplain and Madame Sandler are the guests of honor at this year's festival. Both are experts on the importance of maintaining a sense of humor throughout life. Their newly released book,



Humor on Hahalulu, reveals the many benefits individuals reap by lightening up and laughing more often.

Their research reveals what many Hahaluluans already know: that laughter makes life seem easier. It also produces a host of health benefits, such as:

- Relaxing muscles throughout the body.
- Releasing endorphins that provide a sense of euphoria. It's like a natural painkiller!
- Massaging your internal muscles which may aid digestion and blood flow.
- Reducing stress hormones in the body.

My first job was in an orange juice factory. I got canned. I couldn't concentrate.

WELLNESS CHALLENGE HAHALULU, HAWAII

Find the Funny:

Finding the funny in everyday life comes naturally to many individuals. Others may need to work harder to learn this important skill and reap the many benefits that a healthy dose of humor offers.

This month HealthTrip travelers are challenged to find their funny each day. You've found your funny when you do something that makes you feel light-hearted, provides a chuckle or reduces feelings of stress. It might be as simple as sharing a joke with a friend, watching a funny show, or posting a funny cartoon at your workstation. The sky is the limit!

Humor can be found all around the island of Hahalulu. But that doesn't mean that all of it is appropriate for the workplace. Remember the golden rule of humor: What might be funny at home is frequently not appropriate for the workplace.

The Smile & Surf Shop on Hahalulu's southern shores encourages its employees to find and share humor whenever possible. Having fun on the job fosters more creativity, problem solving, and critical thinking among employees. It also makes it fun to go to work! Yet the owner of the Smile & Surf Shop cautions that inappropriate workplace humor can be hazardous to employee health and happiness also. Employees are instructed at the time of hire to leave inappropriate humor at home. Here are the Surf Shop's rules:



APPROPRIATE HUMOR

- Offers a positive outlook of you, others, and the workplace.
- Does not offend others or cause them stress and anxiety.
- Can be shared with everyone at the workplace.
- Does not encourage negative stereotypes about any group of individuals.
- Does not embarrass others.
- Stays away from jokes that pertain to race, sex, religion, or sexual and political orientation.

This month HealthTrip travelers are challenged to find something funny every day. This could include watching a funny movie or telling a joke. Don't forget to download your tracking sheet here:

<https://www.weber.edu/wsuiimages/employee wellness/Challenges/Health%20Road%20Trip/Tracking%20Sheets/HahaLulu%20Travel%20Log.pdf>