

Finding the Funny in Change

Jan McInnis
800-492-9394

www.TheWorkLady.com

www.linkedin.com/in/JanMcInnis



copyright Jan McInnis 2021
Jan@TheWorkLady.com



Our “Green Consciousness” Is Changing

Our “Green Consciousness” Is Changing

Recycled Toilet Tissue Made From:

- A.) Seaweed.
- B.) Bamboo.
- C.) Moss.
- D.) Cardboard.

Our “Green Consciousness” Is Changing

ANSWER: Bamboo.

Actually Bamboo, Sugarcane, &
Paper Fibers.

Our “Green Consciousness” Is Changing

Britain has city buses which run on Biofuel that's been extracted from human waste.

Our “Green Consciousness” Is Changing

Solar Powered Lawnmower.
Starting around \$2000

Our Transportation Is Changing

A company called “TerraFugia” is now taking orders for an actual flying car costing \$400,000. On one tank of gas you can fly 100 miles an hour for 400 miles.

Things Are Changing For Our Pets

**Nissan is Developing A Dog-friendly SUV.
It Will Come Complete With:**

- A Cushioned Dog Bed With Restraints
- A "Spill-resistant" Water Bowl
- Easy-wash, Dog Pattern Seat Covers
- Bone-shaped Floor Mats
- A Ramp To Help Older Dogs Get Into The Car
- A "Dog Cam" to Watch Your Dog AND so Your Dog Can Watch YOU
- A Paw Logo On the Side of the Car??

Our Words Are Changing

Webster's Dictionary Added The Words:

- Force Quit:** Making an app shut down
- Earworm:** Music or message that repeats in your head.
- Rando:** A random person who shows up unannounced.
- Green Collar:** An Analogy With Blue-collar And White-collar. To Represent Something Environmental.
- Hangry:** Hungry and Angry
- Generation Z:** People born in the late 90s
- Zoodoodles:** zucchini noodles
- Airplane Mode:** making it so your electronic device cannot access the internet.

Our Words Are Changing

Scrabble Has Added The Following Words:

- "Za"** - An 11-point Word Slang For "Pizza."
- "Qi"** (*Pronounced "Chi"*) - An 11-point Word Which Is Defined As The Human "Life Force."
- "Zzz"** - A 30-point Word Which Is The Sound You Make When You Snore.
- Ok** - as in okay
- Ew** - like yuck
- Frowny** - showing a frown

And. . .Valentine Candy Hearts Now Include The Messages
"Tweet Me" and **"Text Me."**

Our Words are Changing: The New COVID Vocabulary

Fauchi

Aerosols & droplets

Zoom

**VMR-virtual meeting
room**

Herd immunity

Coronaviruses

Endemic

Epidemic

Pandemic

Hydroxychloroquine

Asymptomatic

Super spreader

Flattening the curve

**PPE - personal protective
equipment**

N95 respirator

Tiger King

Our Social Life Is Changing

--One in five adults ages 25-34 have used online dating, but it's also popular with older singles.

(pew research)

- Jan's Friend's 15-year-old Daughter Sent 9,000 Text Messages In One Month. (True!)

- Jan's Friend's 15-year-old Daughter Did Not Go To The Homecoming Dance That Weekend.

Can We Keep Track Of The Change?

On October 29, 2021 marks the first email sent:

- A.) 19 years ago
- B.) 35 years ago
- C.) 41 years ago
- D.) 52 years ago
- E.) 62 years ago

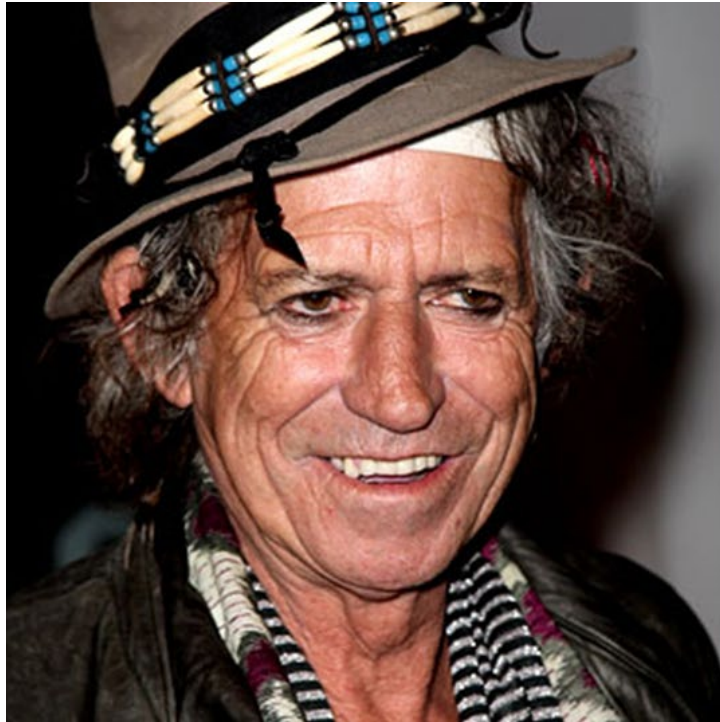
Can We Keep Track Of The Change?

Answer: 52 years old

Industries Are Building Up So We DON'T Change

1 Million People A Year
Get A Chemical Peel

Chemical Peel?



copyright Jan McInnis 2021 Jan@TheWorkLady.com

Humor Works

Humor Works

“Your Emotions Inside
Affect Your Energy Outside
Which in Turn Affects
Those Around You”

Cesar Millan

Why Humor?

It Introduces You
And Makes You
Approachable



Why Humor?????

Diffuses Tense
Situations



copyright Jan McInnis 2021 Jan@TheWorkLady.com

<http://www.inspirational-quotes-short-funny-stuff.com/funny-street-signs.html>

Why Humor?????

Diffuses Tense
Situations

“In today’s work place, where change is occurring at an increasingly rapid rate, leaders must have a strategy to address the negative emotions it evokes.”

**Colonel Lee Ellis,
“Leading With Honor”**

Why Humor????

Connects You To Others

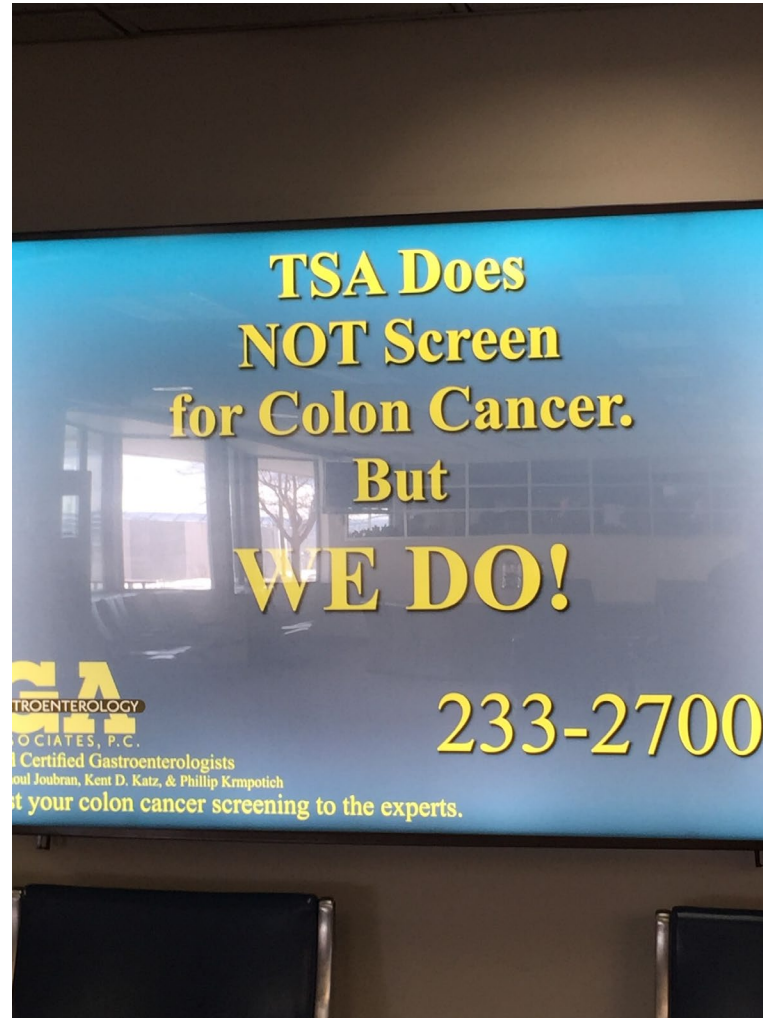
VERMONT

What happens here, stays here
(but nothing really happens here)

<http://www.inspirational-quotes-short-funny-stuff.com/funny-street-signs.html>

Why Humor?????

Breaks The Ice
On Tough Topics



Why Humor?????

Gives You A
Short-Term
Mental Win



Makes You More Creative.



Why Humor?????

It's HEALTHY!



Health Benefits

**WHAT DOES IT FEEL LIKE
WHEN YOU LAUGH?????**

Health Benefits

WHEN YOU ARE STRESSED. . .

- ▶ Blood Vessels Constrict Decreasing Blood Flow - Susceptible To:
 - ▶ Heart Attack . . . Stroke . . . High Blood Pressure . . . Heart Palpitations
- ▶ Cortisol Levels Increase, T-cells Decrease, Weakening Immune System
- ▶ Breathing Is Shallower
- ▶ You Can Experience. . . Headaches, Back Pain, Stomach Upset, And Sleep Problems

Health Benefits

A University of Maryland study found that people with heart disease were less likely to laugh in a variety of situations compared to people of the same age without heart disease.

Health Benefits

University Of Maryland - Researches The Movies
Saving Private Ryan Vs. Kingpin

Blood Flow Increased 22% For Laughing

Blood Flow Decreased 35% For The Stressful Movie

Health Benefits

Laughter & Cholesterol

Researchers from Loma Linda University split 20 high-risk diabetes patients into two groups and gave each the exact same treatment, except that they asked one group to also watch comedy for at least 30 minutes a day.

After a year:

- The comedy watching group boosted their levels of good cholesterol by 26%
- The non-comedy watching group only boosted it by 3%.

Also for the comedy watching group, cortisol levels decreased and t-cells increased

Health Conclusions

LAUGHTER MAY. . .

- Raise Endorphins
- Boost Our Immune System
- Increase Blood Flow
- Boost Levels Of Good Cholesterol
- Cause Deeper Breathing
- And It May Even. . . Burn Calories. . .

Laughter and Your Weight

RESEARCHERS AT VANDERBILT UNIVERSITY:

-90 people watch comedy video clips:

There's Something About Mary & Saturday Night Live.

CONCLUSION:

-Laughing burned about 1.3 calories per minute—about 10 to 20% more than in a calm state. That's the same as doing some light indoor gardening???

Laughter and Your Weight

On Diane Sawyer's show, Dr. Richard Besser addressed laughter & health by saying 15 minutes of laughter = 30 minutes of aerobic activity "and if you can laugh while on the treadmill, that's even better."

Health Benefits

LOMA LINDA RESEARCHERS ALSO FOUND. . .

- Just Anticipating Laughter Is Good

AND . . .

- Silent Laughing Is Good Too

AND NOW OTHER RESEARCHERS ARE FINDING

- Laughing When There's Nothing to Laugh About is Good

Introducing....

LAUGHTER YOGA

Health Conclusions

AND THIS MEANS. . . .

- LESS PAIN
- LESS STRESS
- LESS WEIGHT
- LESS HEALTH PROBLEMS

Yet We Spend

- **MILLIONS A YEAR ON GYMS/SPAS**
- **BILLIONS A YEAR ON TREATMENTS/WEIGHT LOSS PRODUCTS**
- **TRILLIONS A YEAR ON HEALTH CARE**

Yet We Spend

Wine Down\$385

- Relax and enjoy the antioxidant benefits of wine! Our wine therapy line harnesses the antioxidant power of Chardonnay grape seed extract.
- Anti-aging, hydrating and fragrant, these are some of our most popular services. ***Package valued at \$410.***
- 30-minute Chardonnay Sugar Scrub
- 50-minute Swedish massage with Olavie wine therapy oil
- Spa Manicure
- Signature Pedicure

Yet We Spend

Lu'Lur Ceremony

.....**\$315**

Embark on a journey for your entire being. Inspired by the Indonesian philosophy of incorporating rituals into daily life, we give to you the Lu'Lur Ceremony. Many days of this sacred ceremony has been modernized for everyone to enjoy. The flow of services solemnly unifies the right of passage known for centuries by royalty with the desire to be a person of nobility - even if just for a day! ***Package valued at \$390.***

- ▶ Mandi Susu tub soak
- ▶ Turmeric Ceremonial Scrub
- ▶ Coconut Cream Delight

Peeved pets: Iditarod lead lost as dogs quit



Why Don't We Use More Humor?

► **My Topic Is Too Serious**

Why Don't We Use More Humor?

- ▶ **My Topic Is Too Serious**
- ▶ **I'm Gonna Fail**

Why Don't We Use More Humor?

- ▶ **My Topic Is Too Serious**
- ▶ **I'm Gonna Fail**
- ▶ **I'm Not Naturally Funny**

Why Don't We Use More Humor?

- ▶ **My Topic Is Too Serious**
- ▶ **I'm Gonna Fail**
- ▶ **I'm Not Naturally Funny**
- ▶ **Afraid You'll Offend People**

Use Humor to Change The Energy

Diffuse Tense Situations

Get the Big Elephant Out on the Table:

Diffuse Tense Situations

Get the Big Elephant Out on the Table:

**Put Yourself In The Other Person's Shoes,
And Say What Their Sarcastic Voice
Is Thinking**

Diffuse Tense Situations

Get the Big Elephant Out on the Table:

- Tense, Not Hostile
- Don't Use It When You're Angry
- Doesn't Have To Be Belly Laugh Funny

Diffuse Tense Situations

Get the Big Elephant Out on the Table:

Quick Survey: How Many People Think. . .

Diffuse Tense Situations

Get the Big Elephant Out on the Table:

**Quick Survey: How Many People Think. . .
Good News/Bad News**

Diffuse Tense Situations

Get the Big Elephant Out on the Table:

Quick Survey: How Many People Think. . .
Good News/Bad News

Top Lists

- ▶ Top Things You'd Rather Be Doing
- ▶ Top Ways To Deal With This Issue
- ▶ Top Reasons We're Here
- ▶ Top Signs We Need This Meeting
- ▶ Top People . . .

COVID TOP LIST: 5 Worn Out Phrases

- **Pivot!**
- **In these unprecedented times.**
- **In an abundance of caution.**
- **We're all in this together.**
- **Your safety is our first priority.**

TOP LIST:

5 Fun Things I Learned During Social Distancing

- **Costco isn't as much fun without the free samples.**
- **Everyone has a voluminous bookshelf in their office.**
- **You can get literally anything you want online.**
- **You need to wear pants during meetings.**
- **We miss our visitors and guests . . . even the crabby ones.**

Label Like a Comedian

Remember When Eggs Were Bad And Asbestos Was Good?

On May 9, 1911, *The Colorado Springs Gazette* referred to asbestos as "The Mineral of Safety And Comfort".

It is estimated that the cleanup effort may cost \$100 billion. More than 733,000 structures, or 20% of U.S. commercial and public properties, are believed to contain asbestos.

Remember Y2K????

**Millions of computers would
crash at midnight.**



[This Photo](#) by Unknown Author is licensed under
[CC BY-SA](#)

When Was The Last Time You Crawled Under Your Desk For A Nuclear Drill?



This Photo by Unknown
Author is licensed under CC
BY-NC-ND

Predictions Of The Past

A 1950 Popular Mechanics article predicted that by the year 2000:

- there would be plastic plates that would melt in hot water and wash down the drain.
- we would wear thin rayon underwear that chemical factories would buy to convert into candy.

(pbs.org)

And Now 2020????

- Robots with a conscientious.
- ✓ • Space tourism.
- Computers embedded everywhere, including our skin.
- Communicating with Extraterrestrials.
- Animals, such as apes, doing chores around the house and DRIVING US AROUND.

Great Quotes of Visionairies

- "Inventions have long since reached their limit, and I see no hope for further developments,"
Roman engineer, Julius Sextus Frontinus, A.D. 10.
- "Despite the trend to compactness and lower costs, it is unlikely everyone will have his own computer any time soon,"
Reporter Stanley Penn, *The Wall Street Journal*, 1966.
(That's why he should report and NOT predict!)
- "By the turn of this century, we will live in a paperless society,"
Roger Smith, chairman of General Motors, 1986.
(Now that companies are expecting one person to do the job of 3, we aren't paperless, we're people-less!)

(book: Bad Predictions)

Great Quotes of Visionairies

**“Life Does Not Make
Sense Until You Look
At It Backwards”**

Steve Jobs, Apple

Re-Focus Like a Comedian

Pull Out The Irony

Look around you and see if you see any ironies here at this event.

Find Contradictions And Inconsistencies
Between Things

Kids do this all the time. . .

Pull Out The Irony

Look around you and see if you see any ironies here at this event.

Activities

Location

Volunteering

Agenda

Give-Aways

Decorations/Food

Past Events

Company Name

Demographics

Community

Products & Services

Temperature

Room Set-up

News

Time of the Year

People

COVID IRONIES

- ▶ **Sitting still while “zooming.”**
- ▶ **Flattening the curve – take out the “L” and this is what I’m doing: FATTENING THE CURVE.**
- ▶ **Herd immunity – won't be available until the cows come home.**



Extreme Solutions

Extreme Solutions

**How Would I Solve This
If I Could Solve It
Any Way I Want?**

Extreme Solutions

**What are some of your
changes and/or headaches?**

- ▶ Keeping Staff Engaged on Endless Zooms
- ▶ Dealing with Rude People
- ▶ Patient Satisfaction
- ▶ Replacing People
- ▶ Budgets
- ▶ Keep Staff Positive - Morale

Extreme Solutions

**What are EXTREME SOLUTIONS to
keep up staff morale?**

Extreme Solutions

What are EXTREME SOLUTIONS to keep up staff morale?

- ▶ Give 'em a place to vent – a room to go scream in.
- ▶ Trade crazy stories . . . One with the weirdest wins a prize (comedians do this with bad shows)
- ▶ Start happy hour Zoom at 8 a.m.
- ▶ Start Zooms With Comedy Videos.
- ▶ Kitten/puppy day for in-person meetings
- ▶ Music

Share your successes with others

Extreme Solutions

**What are some Extreme Solutions to
attracting and engaging Millennials**

Extreme Solutions

What are some Extreme Solutions to attracting and engaging Millennials

- ▶ Instead of giving a presentation at a staff meeting, have them submit a 3 minute YouTube clip
- ▶ Include a tattoo piercing station at the company picnic (4 in 10 have one) (make it the company logo!)
- ▶ Give ‘em a trophy every day.
- ▶ Include a bio of hobbies along with signature lines so they can tell the company about themselves (this is the “me” generation)
- ▶ Allow them to decorate their office like it’s their bedroom (1 in 8 have “boomeranged” back to their parent’s house)

When You're Networking

**ASK FUNNIER QUESTIONS TO
GET TO THE INTERESTING STUFF**

When You're Networking

ASK FUNNIER QUESTIONS TO GET TO THE INTERESTING STUFF

- ▶ Have I/they had any weird/funny past jobs?
-

When You're Networking

ASK FUNNIER QUESTIONS TO GET TO THE INTERESTING STUFF

- ▶ Have I/they had any weird/funny past jobs?
 - ▶ Do I/they have any interesting/funny hobbies?
-

When You're Networking

ASK FUNNIER QUESTIONS TO GET TO THE INTERESTING STUFF

- ▶ Have I/they had any weird/funny past jobs?
 - ▶ Do I/they have any interesting/funny hobbies?
 - ▶ Are there any unusual facts about my/their family?
-

When You're Networking

ASK FUNNIER QUESTIONS TO GET TO THE INTERESTING STUFF

- ▶ Have I/they had any weird/funny past jobs?
 - ▶ Do I/they have any interesting/funny hobbies?
 - ▶ Are there any unusual facts about my/their family?
 - ▶ Has something funny happened on a vacation?
-

Define Something

Define Something

- BFF – Best Friend Forever
- BTW – By The Way
- TTYL – Talk To You Later
- LOL – Laugh Out Loud
- LMBO – Laughing My Butt Off

Define Something

- BFF – Best Friend Fell*
- BTW – Bring the Wheelchair*
- TTYL – Talk To You Louder*
- LOL – Leaking On Linoleum*
- LMDO – Laughing My Dentures Out*

*from arts-stew.com, seniors texting code

Fun With Your Acronyms

- ▶ DNFB - Discharged Not Final Billed
- ▶ RFP - Request For Proposal
- ▶ DIA - Dept. Of Inspections And Appeals
- ▶ HMO - Health Maintenance Organization
- ▶ CMS - Centers For Medicare & Medicaid
- ▶ MDS - Minimum Data Set
- ▶ ICD - 10 -
- ▶ MMA - Medicare Modernization Act
- ▶ RAC - Recovery Audit Contractor
- ▶ SOB - Shortness Of Breath
- ▶ H.R. 3962, America's Healthy Future Act Of 2009

Fun With Your Acronyms

- ▶ RFP - Really Frustrating Paperwork
- ▶ DNFB - Discharged Not Feeling Better
- ▶ CMS - Office Of “Confusing Medical Stuff”
- ▶ ICD - 10 - Instantly Changing Deadlines
- ▶ DIA -Dept. Of Intrusions & Apologies
- ▶ HMO - Having Many Oops
- ▶ MDS - Many Difficult Stuff

Our New COVID Vocabulary

- ▶ **Super Spreader** – sounds like a new lawn tool.
- ▶ **Fauchi** – a calming voice. . . akin to Tai Chi.
- ▶ **Aerosols & droplets** – The reason we will stay away from other humans even after COVID.
- ▶ **Asymptomatic** – what you say you are right before you infect your entire family.

LOOK FOR THE HUMOR. .

**“What ever you are feeding attention to,
you are giving it power.”**

Cesar Milan, The Dog Whisperer

Stay Present

Stay Present

**Find something that brings you back
to the present:**

- A Mantra
- Meditation
- Breathing
- A Beer?
- Risky business

Stay Present

“Time is the cause of our suffering. . . because we’re always looking behind us or looking ahead. All negativity is caused by the accumulation of psychological time and denial of the present.”

Ekert Tolle, “The Power of Now”

Jan's Quick Humor Tips & Rules

- Only make fun of a group you're a member of
- Don't do the obvious joke
- Watch it when it comes to women
- Don't say something about someone that you wouldn't say to their face
- Watch the industry climate/sensitive subjects
- Be true to yourself

Jan's Quick Humor Tips & Rules

AND WHAT CAN YOU JOKE WITH?

- **YOURSELF/YOUR COMPANY**
- **VISIBLE PEOPLE**
- **RULES, REGULATIONS, POLICIES AND INDUSTRY JARGON**
- **THE PHYSICAL ENVIRONMENT**
- **COMPETITION**

Finding the Funny in Change - Recap

- **Get The Big Elephant Out On The Table**
- **Label Like A Comedian**
- **Re-focus And Find The Funny**
- **Stay Present**

Predictions

- Robots for almost any job in homes and hospitals 2045.
- Teleportation of a human being 2040.
- Stomach chips will help you lose weight.
- Farmers will grow caffeine-free coffee beans.
- Marriage replaced by contracts for a decade.
- Brains wired to computers
- Control of the weather

Predictions

- Robotic red blood cells will allow us to hold our breath for 4 hours.
- Sending the 3-D printers to other planets to print habitats for humans prior to our arrival.
- Implanting your passwords into your subconscious and retrieving them subconsciously so you can't accidentally give them away.
- Vaccines will wipe out drug addiction.
- Your clothes will clean themselves.
- We'll live to be 150.

Finding the Funny in Change

Jan McInnis
800-492-9394

www.TheWorkLady.com

www.linkedin.com/in/JanMcInnis



copyright Jan McInnis 2021
Jan@TheWorkLady.com



The SANDY Rules

The SANDY Rules

- ▶ S - Stop Second-Guessing Yourself

The SANDY Rules

- ▶ S - Stop Second-Guessing Yourself
- ▶ A - Always Have Fun

The SANDY Rules

- ▶ S - Stop Second-Guessing Yourself
- ▶ A - Always Have Fun
- ▶ N - Nice. . . As in Be Nice

The SANDY Rules

- ▶ S - Stop Second-Guessing Yourself
- ▶ A - Always Have Fun
- ▶ N - Nice. . . As in Be Nice
- ▶ D - Define Success on Your Own Terms

The SANDY Rules

- ▶ S - Stop Second-Guessing Yourself
- ▶ A - Always Have Fun
- ▶ N - Nice. . . As in Be Nice
- ▶ D - Define Success on Your Own Terms
- ▶ Y - Ask Questions & Understand the “WHY”

Predictions

- Robots for almost any job in homes and hospitals 2045.
- Teleportation of a human being 2040.
- Stomach chips will help you lose weight.
- Farmers will grow caffeine-free coffee beans.
- Marriage replaced by contracts for a decade.
- Brains wired to computers
- Control of the weather

Predictions

- Robotic red blood cells will allow us to hold our breath for 4 hours.
- Sending the 3-D printers to other planets to print habitats for humans prior to our arrival.
- Implanting your passwords into your subconscious and retrieving them subconsciously so you can't accidentally give them away.
- Vaccines will wipe out drug addiction.
- Your clothes will clean themselves.
- We'll live to be 150. . .

Finding the Funny in Change - Recap

- Get The Big Elephant Out On The Table
- Label Like A Comedian
- Re-focus And Find The Funny
- Avoid Failure:
 - Communicate
 - Connect
 - Find a “Failure Net”
 - Acknowledge to learn from it
 - Don’t give it too much energy
- Stay Present

Winston Churchill defined success as. . .

“The ability to move from failure to failure with no loss of enthusiasm.”

CONSIDER THE UNKNOWN TO BE FRIENDLY!

Finding the Funny in Change

Jan McInnis
800-492-9394

www.TheWorkLady.com

www.linkedin.com/in/JanMcInnis



copyright Jan McInnis 2021
Jan@TheWorkLady.com

