



The Importance of Humor

By Nancy Quinn Rummel, ACS

April is National Humor Month and this seems more important during these stressful times. Humor is so important to our health. So this month I am remembering career moments that eventually made me chuckle.

I recall, as a young manager, greeting my boss at the airport to fly to an out-of-town meeting. We had a very early flight and were rushing to our gate when suddenly I felt something slide out of one of my pants legs. I looked down and there, to my horror, was a pair of underwear. I had taken these pants out of the clothes dryer that very morning and pulled them on in a big hurry. Static electricity held the errant underwear in place until the absolute most embarrassing moment for me. I reached down quickly, grabbed them, and shoved them in my pocket. While my boss was kind enough not to say anything, I'm sure he saw the incident and wondered, "How did we hire this one?"

Another time, I was sitting in a board meeting at work, in a formal conference room, trying my best to contribute. It was a summer day and a couple windows in the room were open. I took a swig from my Pepsi can and suddenly had a bee in my mouth. Unbeknownst to me, a bee had flown into my Pepsi can! I screamed, spitting Pepsi all over myself, and every board member suddenly was staring at me. To make matters worse, the bee escaped without anyone else seeing it so when I explained what happened, they all looked askance. I was a running joke to every board member, the people I wanted to impress most.

In both instances, I learned to laugh at unexpected embarrassment. Whenever I told these stories, people would howl. To laugh at yourself and to let others laugh with you allows us to be perfectly imperfect and totally authentic. I hope you have some good laughs this month!