

Feeling the heat at your workplace?

Overtired, overworked and overwrought – today's workforce is being pushed to the limit and the office is the perfect place for tensions to arise.

So, to maximize produc-

tivity and foster positive feelings at work, managers need to keep a few things in mind to help create a positive work environment, said Simon Evans, CEO of the B.C. Human Resources Management Association.

Along with providing clear feedback and making employees take those ever-needed lunch and coffee breaks, "people like to know their thoughts and education [are] a benefit to the organization, and [like] being asked to share their

views," said Evans.

Infusing humour into the workplace also does a lot to reduce stress and allows employees to feel more in control, said David Granirer, public speaker, counsellor and stand-up comic based in Vancouver.

And one surprising way to accomplish that is to complain – together.

"The object is to take 30 seconds or a minute and have people try and out-complain each other. It's hard to keep a straight face for more than a few sec-

onds," said Granirer.

Okay, so workplace humour and responsible management can do a lot to relieve inter-office tension, but *24 hours* has a few more basic office survival tips to offer.

—Robyn Stubbs, *24 hours*