

How to Reduce Stress, Survive and Thrive with Humor

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Always take
good care of
your inner child!



Five suggestions to help you reduce stress with humor

1. Reframe _____.
2. Celebrate _____.
3. Always look _____.
4. Create _____.
5. Share _____.

Thanks for attending my workshop! If you have individual questions, comments or would like to talk with me about speaking at your event, please see me after the presentation, call me at 919-876-6931 or email me at emily@emilyballance.com.

Benefits of humor

Helps you cope with situations and people you can't change, keeps you mentally flexible, brings people together, offers insight and education, aids in communication, enhances creativity, reduces stress, brings hope



Benefits of laughter

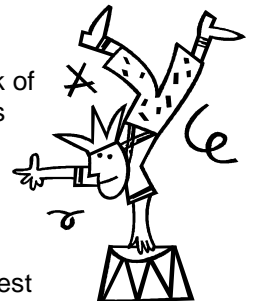
Exercises the heart, diaphragm & abdominal muscles, helps lower blood pressure, increases the intake of oxygen (similar to running but a lot easier), increases pain tolerance

Ideas for your humor survival kit

Kazoo, yo-yo, cartoons, bubbles, slinky, puzzles, silly putty, funny signs, balloons, funny glasses, deck of cards, crazy string, clown nose, bells, whistles, funny DVDs, beach ball, magic wand, hats, wigs, jokes

Simple things you can do to make it a great day for people around you

- Choose to have a positive attitude
- Look for the humor
- Smile the minute you see another person
- Call them by name
- Tell them you're glad to see them
- Be interested in them
- Remember the things they like
- Ask about their family and friends
- Tell them you've missed them
- Be kind if they're going through a hard time
- Look directly at them when talking/listening
- Actively listen
- Communicate assertively
- Avoid gossip and assume the best
- Say thank you
- Ask what you can do for them
- Share a funny story, joke or riddle
- Tell them they make your day
- Compliment them
- Be playful
- Say you hope they have a great day
- Wave goodbye to them






Bringing fun to work – help staff members reduce stress and build cohesiveness

Celebrate birthdays, special occasions, when something went right, when something didn't go wrong, theme days – Elvis, disco, 50s, 60s, 70s, 80s, 90's, etc. • Plan a fun event for the staff – pizza, meal out, movie, play, theme park, sports event, comedy night • Share a funny story or joke before or at the end of staff meetings • Have a talent show • Have an international potluck lunch/dinner • Create a humor bulletin board in the break area • Put a coloring book and crayons in the break area • Share funny pictures, cartoons • Have a contest for the best joke, riddle, most embarrassing moment, best fake poetry (recite song lyrics as serious poetry), etc.



Take your work seriously...but take yourself lightly! Positive, affirming humor is always loving, healing, inclusive and uplifting. Humor is a gift you give and receive at the same time, so give generously!

Tips to Help You Laugh More, Reduce Stress, Get Healthier & Enjoy Life!

Start	Stop
<p>Getting more sleep Being early to appointments Calling friends and relatives The day off by deciding it will be a good one Taking your vacation time Eating a balanced diet Setting aside quiet time during your day Planning fun in your schedule Thinking positive thoughts about people Allowing extra time for the unexpected Your engines Meditating or praying Developing a support system Being aware of muscle tension Accepting compliments without explaining Doing relaxation exercises Being true to yourself Taking a daily vitamin Giving people compliments Developing a spiritual life Keeping a humor journal Drinking more water Laughing with friends Stretching A hobby, just for fun Saying "no" when you need to Thinking about your values and priorities Spending time with uplifting people Taking breaks in the morning & afternoon Doing random acts of kindness Keeping track of your own medical history Getting regular health check-ups A regular exercise program Wearing sunscreen regularly Resolving conflicts before they escalate Spending time with children Inviting people to your home Taking healthy risks to learn and grow Playing with your pet Communicating assertively Asking people you trust for help or feedback Setting appropriate boundaries with people Asking friends how you can support them Being honest with yourself</p> 	<p>Working during your break time Eating sweet snacks and deserts Taking things so seriously Skipping breakfast Your complaining Interrupting people And smell the roses Smoking Driving like a maniac Saying yes when you want to say no Self-medicating with drugs and alcohol Drinking too much caffeine Trying to do everything by yourself Avoiding responsibility for your behavior Waiting for the other person to call And think before responding when you're angry Thinking there'll always be more time In the name of love Going through a drive-thru so often Driving when you can walk Trying to change people Blaming other people for your shortcomings Taking unnecessary chances And look both ways before you cross the street Postponing going to the doctor and dentist Eating too much fat and cholesterol Giving in to peer pressure Holding back when you need to apologize Going out in the sun during peak hours Waiting for the perfect time to change Using too much salt Worrying about how you look in a bathing suit Hanging out with people who are negative Putting off going to counseling if you need it Denying that you're getting older Doing things that you know are wrong Treating yourself poorly Having unsafe sex The gossiping And count to 10 This madness Holding grudges Taking life for granted Talking and start doing</p>  

About Emily Ballance, MEd, LPC Emily is a professional speaker, consultant and Licensed Professional Counselor. She speaks at the national, state and regional levels and presents to conferences, meetings, associations and at special events. Drawing from her experiences in healthcare, the corporate world, as a counselor and in life, Emily offers a unique, humorous perspective on work, stress, communication, and life in general. Emily lives in Raleigh, NC, and is a member of the National Speakers Association and the Association for Applied and Therapeutic Humor. When she is not speaking or traveling, Emily volunteers her time with older adults and the Autism Society of North Carolina. You can reach Emily at 919-876-6931, 919-878-1685, emily@emilyballance.com, at her website www.emilyballance.com or through Facebook.