

Managing Stress with Humor

by
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Short Description of the Presentation:

Most of us have heard the term “humor is the best medicine”. However, humor will not make problems go away but it will open up lines of communication. This is a refreshing presentation with a few practical suggestions on how to use humor to remove stress in the workplace and in life.

Benefits of Laughter

- Increases endorphins
- Great way to reframe a situation
- Can't be mad and laugh at same time
- Defusing stressful situations
- Changes flow of situations

The Use of Humor in Training

The Secret Pal Program

