



Humor and Stress Management

Objectives:

By the end of this workshop, participants will be able to:

- Identify the health risks of prolonged stress on the body
- Describe the benefits of humor and laughing
- List and utilize at least 3 stress management techniques
- Develop and implement a personal stress management plan



Summary

Humor and Stress Management instructs participants in understanding the negative toll constant stress takes on the body, identifying and modifying personality traits that lead to added stress, and the healing power of humor.

The course includes stress-relieving relaxation techniques, a self-assessment to determine participants' situational and pervasive stress levels, and methods to incorporate humor and laughter into participants' daily lives.