LAUGHING @YOUR STRESS

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OBJECTIVES

✔ To educate / remind of the dangers of stress
✔ To remember that laughter really works
✔ To help you laugh
✔ An opportunity to win a prize

Laughing @your stress
Did you know...

😊Laughter is a natural pick-me-up

Laughter brings the focus away from anger, guilt, stress and negative emotions.
And you think YOU have stress?
So...what exactly is stress?

"STRESS"

The confusion created when one's mind overrides the body's basic desire to choke the living daylights out of somebody who desperately needs it!
Mind, Body & Soul

Body
- headaches
- frequent infections
- taut muscles
- muscular twitches
- fatigue
- skin irritations
- breathlessness

Mind
- worrying
- muddled thinking
- impaired judgement
- nightmares
- indecisions
- negativity
- hasty decisions

Emotions
- loss of confidence
- more fussy
- irritability
- depression
- apathy
- alienation
- apprehension

Behavior
- accident prone
- loss of appetite
- loss of sex drive
- drinking more
- insomnia
- restlessness
- smoking more
What makes you stressed?
Have you ever felt like this?
Or maybe like this?

I'm a little stressed right now...

(just turn around and leave quietly and no one gets hurt.)
What’s your stress level?
What's your number

- 0 to 3
- 4 to 6
- 7 to 9
- 10 to 12
YOU know you are STRESSED when you start getting on your own NERVES!!!
From Stress to distress

- When *stress* turns into *distress* you begin to suffer.

- Distress occurs when the shift is focused from a life goal to the goal of alleviating the distress in any way regardless of the negative consequences it might cause.

- Rather than proactively preventing problems, you begin to react to the circumstances around you.
Did you know....

10–15 minutes of laughter burns 50 calories
Tried & true technique

http://www.youtube.com/watch?v=ybnzd4zu8xs
Facts

😊 Laughter is a great team and social builder.

😊 The sound of laughter is found to be contagious.

😊 Studies show that women tend to laugh more than men.

😊 The more you laugh, the healthier you will become.
CREATING OPPORTUNITIES TO LAUGH

- Watch a funny movie or TV show
- Go to a comedy club
- Read the funny pages
- Seek out funny people
- Share a good joke or a funny story
Host game night with friends
Play with your pet
Go to a “laughter yoga” class
Goof around with children
Do something silly
Make time for fun activities
Stress/Pressure Management

That's it! Put some REAL GINGER into it!

YAH!!

ARRH!!

STRESS THERAPY SESSION TODAY
We all experience stress.

Prolonged stress can negatively affect the mind, body and soul.

Laughter is free! And its benefits relieve the effects of stress.

Incorporating laughter can burn calories, change your outlook and it’s contagious!
QUESTIONS?
REFERENCES / links

- [http://www.youtube.com/watch?v=ybnzd4zu8xs](http://www.youtube.com/watch?v=ybnzd4zu8xs)
- [http://www.youtube.com/watch?v=s93ywqFa6CM](http://www.youtube.com/watch?v=s93ywqFa6CM)