

LAUGHTER AND PLAY FOR STRESS AND FOR HEALING

Audience: General, especially useful for work units so participants can continue to help one another in managing stress.

Description:

There are many strategies useful in managing stress. The workshop, “Preventing Burnout/ Managing Stress,” provides an overview of many of the techniques. This particular workshop focuses on the importance of laughter and play as major components of healthy mind-body connections in the face of both everyday stressors and in the event of crises –especially health crises. Handouts, minimal lectures and lots of activity.

Format: (in order of recommended time allowances)

One 5-hour (1 day) workshop

One 3-hour (1/2 day) condensed workshop

One 2-hour condensed (selected aspects) workshop