

You won't die laughing!

Patricia Cameron-Hill & Shayne Yates

1. You don't have to be a victim of stress.

You can learn how to respond to a situation so that you feel more in control and less stressed. One way to do this is to look at the situation from a different angle. This is vital for things that happen in your life that you're not responsible for, and can't control. Do you have some of these?



2. Thoughts, beliefs and words are powerful.

Most people don't realise that the thoughts we think, the beliefs we hold and the words we speak, all combine to 'program' the way we see the world, how we feel about things and what we do about it. Try to become more aware of your 'program' and train your mind to look at things differently. It is easy to become self-centred when we lose sight of the big picture.

3. There is strong relationship between emotions and wellbeing.

Emotions cause chemical changes in the body. The most beneficial are the positive emotions such as love, contentment, tolerance, self confidence, forgiveness, gratitude and amusement. It is normal to feel down at times, but it can be unhealthy to stay stuck with these feelings. This is the stress connection: Negative emotions such as hate, anger, fear, unforgiveness, cynicism and despair can lead to stress. The positive emotions can lead to relaxation and control.

4. Getting into a good mood can be easier than you think.

Being in a good mood can make everything you do easier and more effective. In our society there is a dependence on chemical stimulants such as alcohol, smoking, drugs and caffeine to lift moods. Yet there are healthier ways to feel good which include: laughter, movement, breathing, posture, nature, colours, hugs, pets, music, singing, dancing, bathing and being with friends. How can you use these ideas to lift your mood?

5. We owe it to others to be cheerful.

Ever noticed how it can take just one person to come to work in a bad mood and before long, everyone feels the same way. We have a responsibility to the people around us at work and at home, to be cheerful. What are you like to be around?



6. Happy people are less stressed.

Happiness is one of the great gifts of life. The key to happiness comes from finding satisfaction in our relationships, work, family, leisure and spirituality. If you're not happy with your life, have the courage to make the needed changes. Do you need to make some changes in your life?

7. Do the job you love, or love the job you do.

Work can be a great source of happiness, satisfaction and fun. It starts with bringing a positive attitude to work with you and not expecting the rest of the team to make you happy. What you do can make a BIG difference. For example, be friendly, smile, say 'Hello', limit complaining, join in the fun, listen to jokes, thank people and give friendly encouragement to others. Life should be fun at work.

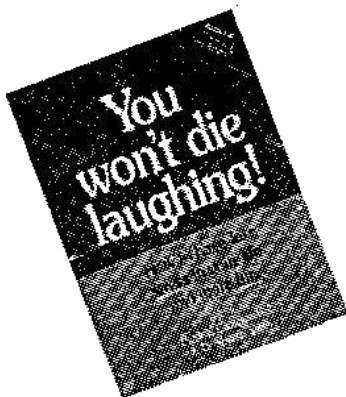


8. Laughter makes you feel good.

Laughter not only alleviates stress but it can relieve pain, energise, enhance memory, stimulate blood flow and help to fight infection. Laughter can also help to keep things in perspective so you don't take yourself too seriously. (Some people live unhappy lives because they take themselves too seriously.) Laughter puts people in a good mood. So if you can make someone smile or laugh, you get them on your side.

9. Everyone can boost their sense of humour.

Think of a sense of humour as an ability to appreciate humour. To increase your ability you need to put 'funny' into your brain so you get 'funny' out. Ideas include: watching funny movies, DVD's, videos, listening to humour on CD and tapes, going to comedy shows, collecting cartoons, spending time with friends who make you laugh, visiting magic and discount shops (*Bernards Magic Shop has propeller hats -61-3-9670 9270*) and reading funny books.



For more ideas read our best-selling book.

You won't die laughing!

(over 35,000 copies sold)

Amuse yourself, your team and your family with 242 pages of real-life stories, original cartoons and humour. Amidst all the fun is serious guidance on having less stress and more fun in your life.

**CAMERON-HILL & YATES
SEMINARS**