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## Disclosures to Participants

### Notice of Requirements for Successful Completion:

Learners must participate in the full activity and complete the evaluation in order to claim continuing education credit/hours.

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Off-label Use: None

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## **Learning Objectives/Program Overview**

- a. Improve attitude by embracing change and reducing stress.**
- b. Maintain motivation through finding energy and increasing ability.**
- c. Build resilience by balancing work/life and improving physical and mental health and wellness.**

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## **Know the Signs of Stress**

- 
- **Fatigue**
  - **Headaches**
  - **High Blood Pressure**
  - **Lack of Focus**
  - **Anxiety**
  - **Depression**

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**Eat What Makes You Feel Good... Later**



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**Exercise for Energy**



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# Surround Yourself with Positive People



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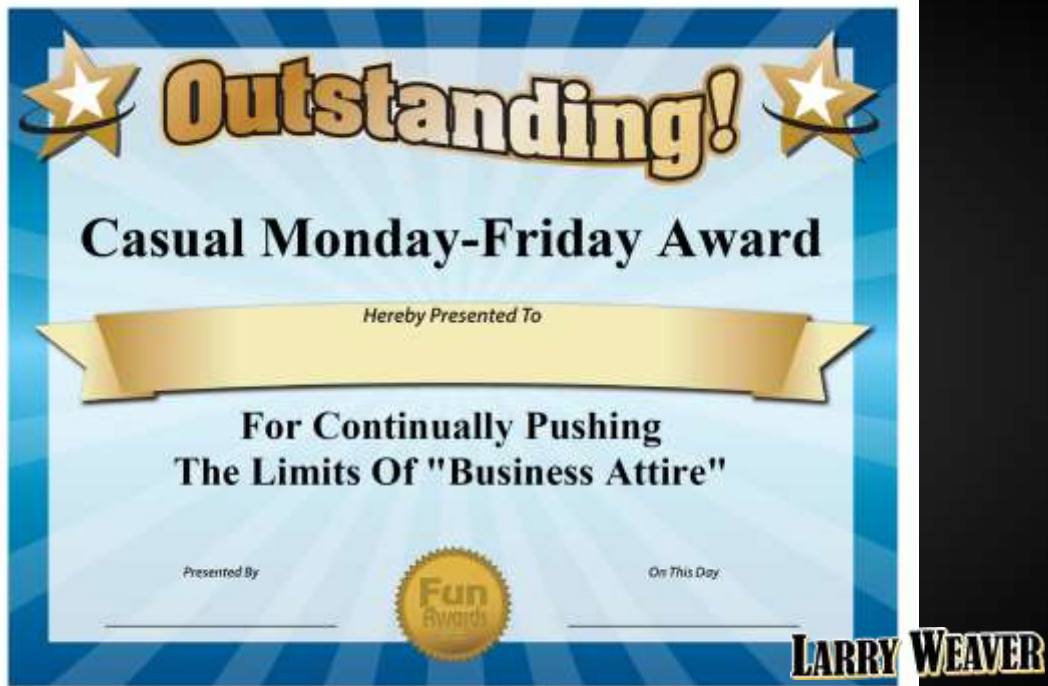
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# Avoid Negative People



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## Have Fun at Work!



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## More Positive / Less Negative



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## Restore Balance with Gratitude



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# Laughter Has the Power to Heal

- **Relieves stress**
- **Soothes tension**
- **Boosts your immune system**
- **Relieves pain**
- **Improves your mood**
- **Burns calories**



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**LAUGHTER**  
**THERAPY**

WITH

**LARRY**  
**WEAVER**

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## Take Action to Be Your Best

- ✓ **Smile!**
- ✓ **Sleep Better**
- ✓ **Eat Healthier**
- ✓ **Move More**
- ✓ **Find Positive People**
- ✓ **Avoid Negative People**
- ✓ **Practice Gratitude**
- ✓ **Be Kind**
- ✓ **Find the Humor**



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