

The School of Continuing Education at The Naropa Institute
presents

HEALTH AND HUMOR: HUMOR IN LIFE TRANSFORMATION

WITH
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This workshop begins with a humorous, yet serious discussion of the presenter's battle with a severe form of arthritis. We will discuss the physical, psychological, social, economic and spiritual benefits of humor. Special attention will be given to the interaction of humor with stress, communication, psychotherapy and healing. Everyone will participate in a "playshop" to practice humor techniques and strategies. This workshop is ideal for health care professionals, caregivers and others interested in the healing powers of humor.

OBJECTIVES

- ☞ Learn about the physiological, social, economic and spiritual benefits of humor.
- ☞ Focus on the serious implications and uses of humor in the workplace, at home with family and other settings.
- ☞ Practice humor techniques to tap into your personal style of humor and create an environment conducive to healing.
- ☞ Acquire techniques to deal more effectively with burnout, guilt and other negative feelings.
- ☞ Learn strategies to help yourself and others develop a more playful, healthy lifestyle.
- ☞ Use humor to improve stress management skills.

