

Karyn Ruth White
Laugh and Learn Productions

Telephone: 303-369-8277
1-877-KRWHITE
Address: 3551 South Monaco Parkway, Suite 307
Denver, CO 80237

Fax: 303-369-1018
Email: krw@karynruthwhite.com
Website: www.karynruthwhite.com

Laughing In The Face of Stress©

With National Humorist, Karyn Ruth White

How many times do you think a five-year-old child laughs in a given day? Give Up? Research has shown that the average pre-school child laughs over 400 times a day. Guess how many times a day we laugh as adults? Would you believe 15, if we were lucky?

We have become a society of over-worked, over-stressed, under-joyed "groan-ups." We're plagued with high-blood pressure, early signs of heart disease, migraines and a myriad of stress-related illness. We're losing sleep, missing work, having trouble concentrating and just plain feeling miserable. According to The American Institute of Stress, job stress is estimated to cost U.S. Industry over \$300 billion dollars annually.

Did you know that research has shown that one good laugh can relieve up to 15 minutes of stress-related tension in the human body? Then why aren't we doing more of it?

National Humorist and Life Skills Coach, Karyn Ruth White will help us look at the role of attitude, humor and laughter as powerful tools in easing stress. We will look at how our attitude about our lives and our work directly affect our levels of optimism. Oftentimes we confuse the stress we are feeling about something as the event, rather than realizing that stress is a direct result of our perception of the event. During this program we will take a lively look at some specific ways in which we contribute to our own stress levels, and learn some real life, everyday tools to reduce and manage our stress and gain better control of the attitudes we bring to work and to life.

Karyn Ruth White is a National Humorist and Life Skills Coach. She is the owner of Laugh and Learn Productions, a Colorado-based company dedicated to inspiring people to live and work with less stress and more enthusiasm. Miss White has worked for over 10 years with large organizations and associations throughout the country and can be reached at krw@karynruthwhite.com.