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Love Your Job ... Love Your
Life While Getting Along With
Others

Topics

- ▶ Manage Stress
- ▶ Exercise
- ▶ Reduce Food Cravings
- ▶ How to Change from
Depression to Happiness
- ▶ Benefits of Relationships
- ▶ Humor

Stress

- ▶ Positive and negative stress
- ▶ Work related stress
- ▶ Type A and B personalities



Exercise



Nutrition

Reducing food cravings



Five Brief stress reduction techniques

Breathing exercises
Progressive muscle relaxation
Autogenic Training
Visual Imagery
Mental Hypnosis

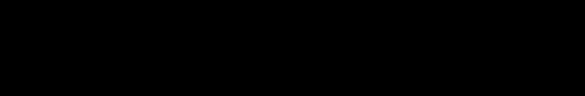


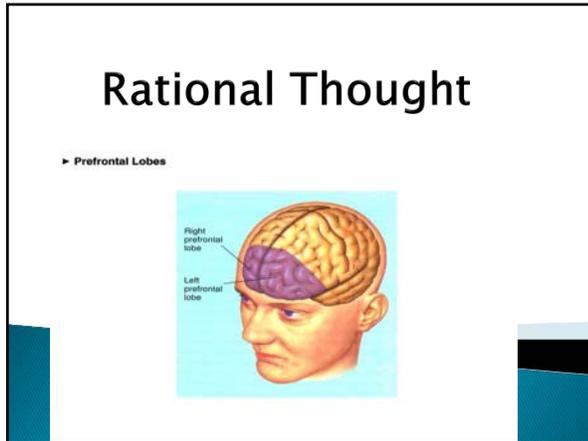
Science behind stress reduction techniques

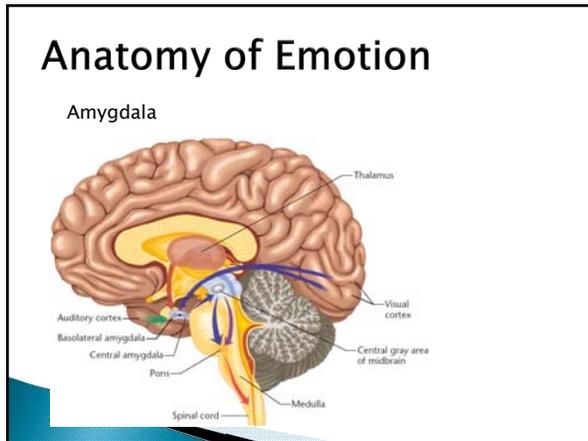
Passive observation
Letting go of control



Depression to Happiness









Relationships

- ▶ Increased healing power
- ▶ Decrease in interleukin 6
- ▶ Improved wound healing

Humor

- ▶ Improved immune system
- ▶ Memory enhancement
- ▶ Turn frustration into humorous dramatizations
- ▶ The power behind a smile

Review

- ▶ Tips to Improve Exercise Habits
- ▶ Foods that control appetite
- ▶ Five Stress Reduction Techniques
- ▶ Put your Shoulders Back and Smile
- ▶ Memory Techniques
- ▶ Healing Power of Relationships
- ▶ The Benefits of Laughter

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