



# The Smile Side of Life Laughter & Happiness Club

Featuring: *Well-Being for U!*

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## 2023 In Person/Webinar Proposals

*Often, in our quest to excel at our jobs, our home lives, and the myriad of responsibilities we shoulder on a daily basis; we forget to take care of ourselves. This raises the risk of Stress-related health issues, poor work performance and personal problems. Our coping mechanisms are tested, and our resilience reduced. We become vulnerable to issues such as depression, anxiety, compassion fatigue and burnout. Especially after the time of pandemic other national well-being concerns, taking time to discover or rediscover well-being habits that support resilience is more important than ever.*

## II. Take a Laughter Break for the health of it!

**Often, while managing the responsibilities shouldered on a daily basis, we forget to take care of ourselves. Coping mechanisms are tested, resilience reduced. Time to boost that resilience with laughter!**

**This fun, interactive program teaches:**

- 1. The relationship of humor and laughter to mental and physical wellness**
- 2. The role of laughter in human development**
- 3. When and what kind humor is appropriate**
- 4. The concept of Laughing for the health of it with takeaway exercises to share**

Basic Outline (may vary slightly depending on audience) :

- Orientation in space and time “meditation”
- Personal story of why babies laugh and how I came to know this
- Learning about laughter and humor and how they are important for managing stress and compassion fatigue
- Activities you can do with your clients
- Your brain on smiling, laughter, and simulated laughter
- The story behind laughter as an exercise
- Introduction to laughing for “no reason,” without comedy or jokes
- The use of Pranayama, Yogic breathing, and the parts of the body used in breathing and laughing:  
Interactive Exercises
  - Where does laughter live in the body exercise
  - Selection of sample laughter exercises
  - Mindful Laughter Meditation
- Q&A
- guided relaxation (if time permits)

## References:

Klein, Allen MA, CSP L.A.U.G.H., using Humor and Play to Help Clients Cope with Stress, Anger, Frustration, and More workbook  
McGhee, Paul PhD, Humor as Survival Training for a Stressed-Out World  
Morreall, John PhD Humor Works  
Comic Relief, A Comprehensive Philosophy of Humor  
Kataria, Madan, MD Laughter Yoga training manual

## Your Presenter: Noreen Braman

In 2010, **Noreen Braman**—who had already reinvented herself in 1997 after a contentious divorce—was reeling from a corporate downsizing, dealing with a economic recession of historic proportions, and facing her own midlife issues. Soon her skills as a strategic communications professional, humorist and performer would send her in a new direction.

By the end of that year, she became a certified **Laughter Yoga Leader**, had her mind blown at a conference called **“Can Humor Save the World”** and studied the **Psychology of Laughter** at Rutgers University. She added certification in Laughter Wellness, studied the **Science of Happiness** through The Greater Good Science Center at UC Berkeley, joined the **Association for Applied & Therapeutic Humor** (AATH) and has been presenting laughter for the health of it through her **Smile Side of Life Laughter & Happiness Club** presentations ever since. She continues to add to her knowledge base through continuing education and certifications, workshops, conferences and seminars.

Noreen credits Dr. Paul McGhee’s book **“Humor as Survival Training for a Stressed Out World”** as well as Linda Richman's **“I'd Rather Laugh: How to Be Happy Even if Life has Other Plans for You,”** for helping her understand the importance of humor and laughter to all humans. With the physical and emotional health benefits that come with humor, laughter and mindfulness, Noreen deals with her fibromyalgia and thyroid disease with humor, reminding us all that yesterday’s problem can be today’s funny story.

*Noreen is an instructor at the Osher Lifelong Learning Institute at Rutgers University, and has also shared her well-being message with organizations such as, PA Parks & Rec Society, NJ Attorney General’s Office, The Center for Great Expectations, New Jersey Association of Professional Mediators, Sunnybrook Assisted Living, The Wexford at Wall Township, Hispanic National Bar Association, CFC Loud & Clear Foundation, NJLAP’s Networkers Without Borders, Raritan Police Department, NJ Public Defenders, Morristown Hospital Women’s Group, Mercer County Bar Association, Burlington County Bar Association, New Jersey Association for Justice, Cerebral Palsy of North Jersey, The Society for Emotional Intelligence, The Arc of Middlesex, East Windsor Township Senior Center, Monroe Township Senior Center, Parks Senior Living, Recovery 360, Paint the Mall Purple Recovery Event, The Arbor Company, Brandeis Alumni, and others.*

### Conference Fee Schedule:

- One hour virtual presentation: \$2000
- One hour in person presentation: \$3000 plus travel expenses, including mileage or transportation costs, overnight accommodations for conferences more than 100 miles from Jamesburg, New Jersey
- PDF handouts provided
- 3 hour interactive workshops available
- day rate available for conference presence which can include coffee break quick resilience, book section readings, meeting with small groups for Q&A, etc.
- Technology required: Uses PowerPoint and/or video with sound, prefers classroom-type set up with open area up front for interaction
- Ask about availability of small meeting and nonprofit fees for events in New Jersey only

