Title: Using Laughter Therapy To Beat Stress

Ms Suchi Deshpande, Happiness Strategist and Laughter Coach

Abstract (300-word limits)

Statement of the Problem:. Stress has been shown to be a key risk factor in addiction initiation, maintenance & relapse. Stressful life events combined with poor coping skills often bring risk of substance abuse and addiction. **Methodology & Theoretical Orientation:** Research and review of literature on stress management shows that while it may not be possible to entirely eliminate stress, we can find healthy ways to manage it. Laughter is one such healthy coping mechanism. **Findings:** Laughter has been shown to boost immunity and improve quality of life. It is has been shown to be noninvasive and a complementary and alternative therapy in helping people avoid stress and even addiction as well as help in recovery from various ailments. **Conclusion & Significance:** Laughter Therapy provides a therapeutic way of dealing with stress. This session aims to share tips with participants on the use of laughter in our daily lives to alleviate stress and also use it to get more resilient against addiction and other diseases.

Photo



Biography (150-word limit)

Ms Suchi Deshpande is a Happiness Strategist and Laughter Coach who speaks, trains and conducts workshops widely on stress management, laughter therapy and other mental health matters.

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