

## ***Ha Ha Stress Reduction***

Written by Richard Paul

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Someone once said “he who laughs last, laughs best!” When we laugh we reduce stress by bringing oxygen to the cells of our body, in addition to that we exercise our muscles and allow our blood to flow freely. Sheila Feigelson in her great book “Energize your Meetings with Laughter” writes; “laughter relaxes us, makes us feel better, helps us to think clearly, builds camaraderie and makes the day go faster. It allows us the freedom to feel more optimistic and certainly more positive”.

Laughter sheds a different light on any situation. It allows us to step off the boardwalk of stress and helps us to take a dip in the sea of tranquility. When faced with a stressful coworker or client it does you no good to step in their pool of misery and gloom to find the answer. In that frame of mind one cannot find a solution, instead we create more mountains out of Larry, Curly and Moe hills.

Master Peking Duck says in his motivational, CD, “***Duck Sense***”™ “STRESS WILL KILL YOU! It creates a blockage, which manifest a breakdown of the internal flow sometimes causing headaches, self-depletion and disease.” Master Peking Duck goes on to say: “Our bodies are like a river constantly flowing, giving and receiving. For example if there is a blockage in a certain part of the river, the water in that area becomes stagnate, loses nutrients and soon dies. When we allow stress to take us over we are like a bumbling beaver who built a big damn that block the flow.” That is a song I wrote if you want to hear it click on [www.richardpaul.com](http://www.richardpaul.com) and you can hear it. It is destined to be a top-10 hit.” Laughter is the tool needed to pull away the twigs, stumps and junk that is blocking our inner flow.

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How can we be more cheerful and funny?

Robert Frost said, “every morning make your bed and make up your mind that it is going to be a great day.” You decide to how you want to handle your daily challenges. Face it, you can’t change another’s disposition but you can change yourself.”

I have a dear friend of mine who was one of two librarians at a school library. The other librarian had a very negative and poor attitude on life. She would see only the bad and never the good when it came to the children, the rest of the school staff and generally most people she came in contact with at work. My friend on the other hand demonstrated a positive uplifting attitude. She only focused on the good and made it a point daily to have fun and enjoy her daily work and interactions with the children and staff.

One day the other librarian asked her, “how can you be so happy all the time? “

My friend quickly replied, “Because I want to be happy!”

Soon the other librarian began to be a little more cheerful and playful with the students and staff. My friend said, “she not only changed her attitude, but she was finally expressing her inner beauty.” When we make up our minds to include laughter in our daily routine, we strike a spark that ignites a happier, healthier way of life.

As an events planner for many major corporate events I found myself with clients that were not always the easiest to work with. In most cases these events were not part of their regular job and because of this they were stepping into uncharted territory. It was my job to stay calm and collect during these sometime loud outbursts of verbal abuse.

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One time I booked in a nationally known act for a client who wasn't familiar with backstage demands from the artist and their entourage. The morning of the event she was so stressed out she was screaming and hollering at all the staff and volunteers. On the two-way radio I heard her scream my name,

***“RICHARD PAUL WHERE ARE YOU!!!!”***

Her voice was heard through mine and four other walkie-talkies in the area. It was so loud it caused the glasses that were stacked up in the VIP tent to tremble. The staff told me I should run for my life. To tell you the truth my first reaction was to run, but instead I decided to try something better. When she pulled up in her golf cart, before she could scream my name I gave her a big bear hug and then I got on my knees and cried; “I am so sorry I ate the last pretzel in the VIP bowl, please forgive me!” She laughed then told me to get into the golf cart. Together we went backstage to find a solution to the minor crisis.

Neil Simon wrote: “I love living. I have some problems with my life, but living is the best thing they've come up with so far.”

With laughter there is living, it is the fuel needed to get through the tough times and helps add flavor to the good times. It is the one thing we have over animals. If you don't believe me tickle your dog; the most he can do is shake his leg.

Any comedian will tell you that most comedy is something funny that has happened or something that happens opposite of what we think is going to happen. I have heard of some offices where in stressful moments they did something as silly as walking down the hall as penguins or standing on a desk to recite the days goals and objectives like a Shakespearean actor.

I guarantee that if we all are a little more comically creative during the rough moments at work we will bring forth a laugh and ignite a more positive productive workplace.

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Richard Paul is a funny professional keynote speaker, trainer, author and ventriloquist who promotes positive thinking through laughter. His new CD “Duck Sense” offers up seven hilarious lessons on how to release the negative and affirm the positive. Each lesson is stuffed with useful information that will change your life and keep you QUACKING UP!

For more information visit Richard Paul’s web site at [www.richardpaul.com](http://www.richardpaul.com) or call the Duck Sense World headquarters at: 800-579-8051 Sign up for the Free Duck Sense Monthly Ezine: [ventking@richardpaul.com](mailto:ventking@richardpaul.com)