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Using laughter therapy to beat stress

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Stress has been shown to be a key risk factor in addiction initiation, maintenance and relapse. Stressful life events combined with poor coping skills often bring risk of substance abuse and addiction. Research and review of literature on stress management shows that while it may not be possible to eliminate stress, we can find healthy ways to manage it. Laughter is one such healthy coping mechanism. Laughter has been shown to boost immunity and improve quality of life. It is being shown to be non-invasive and a complementary and alternative therapy in helping people avoid stress and even addiction as well as help in recovery from various ailments. 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 use it to get more resilient against addiction and other diseases.

Biography

Suchi is a citizen of Singapore. She studied at Ngee Ann Polytechnic of Singapore. She enjoyed being the operating manager of International Pre Schools of Singapore for years before moving on to become the trainer of Right Brain Development. The position of Chair ~Asia Global Goodwill Ambassadors, LinkedIn is given to her based on her community works. At present she is enjoying roles which include Mentoring, Guiding & Managing language schools. She has spoken to thousands at Schools, Universities, Hospitals and Senior Activity Centres. She loves to facilitate Seminar, Workshops, Conferences and Summits on the topics related to mental health and self-development. She is passionate about working together with other professionals to empower millions so that they feel at their best. She wishes to spread peace, love, light and laughter across the globe.

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