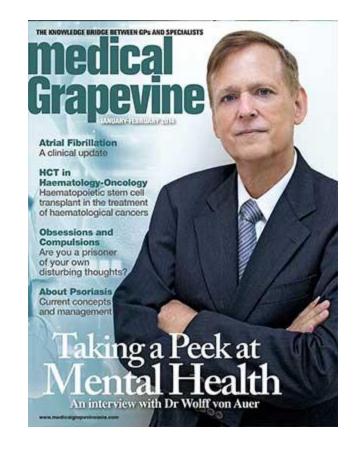
#### A Moment to Pause, A Moment to Regain our Sanity!

#### An Interactive Talk For



#### Dr Wolff von Auer





# Greeting Ceremony....



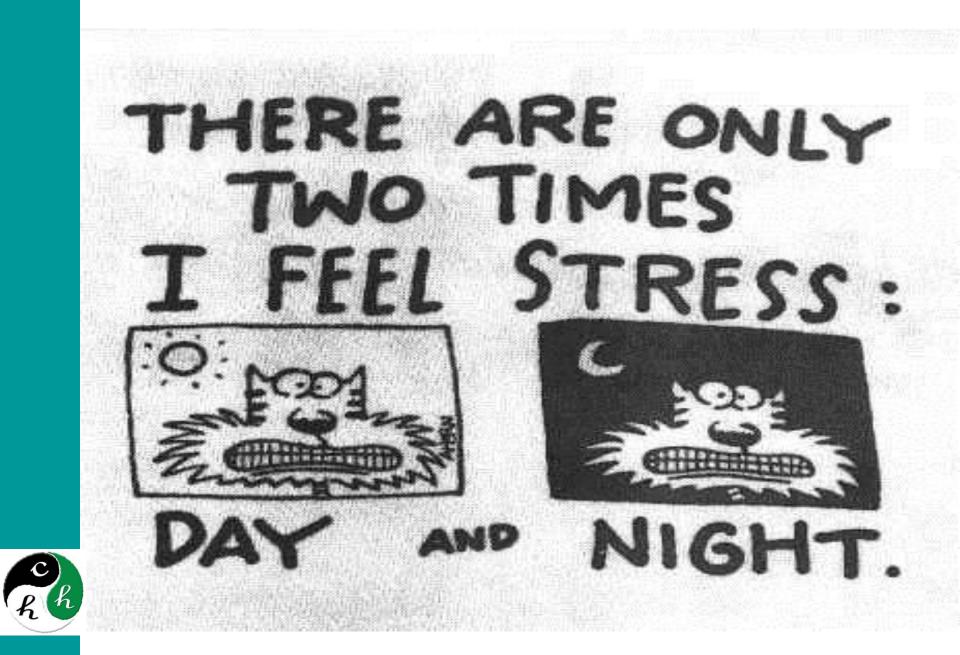




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Singapore Association for Counselling



# Job

### Satisfaction





#### Humor Improves Mental & Emotional Health

•Reduce Stress

•Boost Immune System

•Connect You To Others

•Make You Feel Good











#### ATTITUDE

#### DON'T TAKE YOURSELF TOO SERIOUSLY

#### Humor & LAUGHTER IS A STRENGTH!



#### How to maintain your Sanity?

Health is a state of complete physical, mental and social well-being and not merely the absence of disease -WHO



# Healthy Mind (Sanity)

- •Able to overcome psychological distress
- •Develop psychological and emotional resilience
- •Become aware of others
- •Maintain social relationships





## The Mental Health Continuum

mentally healthy (sanity)

feeling tense.....

#### moody.....



How it can cost a man's wedding d

LAB DEGOODER which is a two is maint dynamical to a cold liber and track alteration field of the set of the set of the properties is the set of the set	JOHNT STOY On A year Algo the door its and and the door its hand and and and the door its hand and and the door of the door of the door of the door of the door of the property of the door of the hand and the door of the door of the door of the door of the hand and the door of the door of the door of the door of the hand and the door of the door of the hand and the hand and the door of the hand and the hand and the door of the hand and hand and hand and hand hand hand hand and h	(c) Physical Materials Explored and the second state of the second state and second state of the second state states and states and states and states and states and states and states and states and states and states and states and states and states and states and states and states and states and states and states and st	

irritable.

depressed.... mental illness..



6 MG Singapore JAN-FEB 2014

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We her tests the tapy session, which was schould for ham. She applogised repeatedly for her tardinese, but, at the same time, expressed relatified the managed it make it to the session. She explained embarrossedly the she had to shower and wash her ent body for almost two rous of the new

ory and fore like Lam having a havin standard. "By first of contamination water, Aulia continued, "By first of contamination who impacts we entire tamity," I make my having and we make the standard of the standard and my three-year-led disagit fare water that motifs have a second lines ablow they that my have the standard out of fare that we might infect such other I know that have finally infect such other I know that have might infect such other I know that have finally infect such other I know that disagranzity need habit I know that disagranzity need habit I know that I my own disawring thoughts." How do You know something might be wrong?

Change in:

Thinking
Feeling
Acting



## A Healthy Mind In A Healthy Body









### Mystery :

A man walks into his bathroom and shoots himself right between the eyes using a real gun with real bullets. He walks out alive, with no blood anywhere and no, he didn't miss and he wasn't Superman or any other crusader wearing a cape.



#### How did he do this?

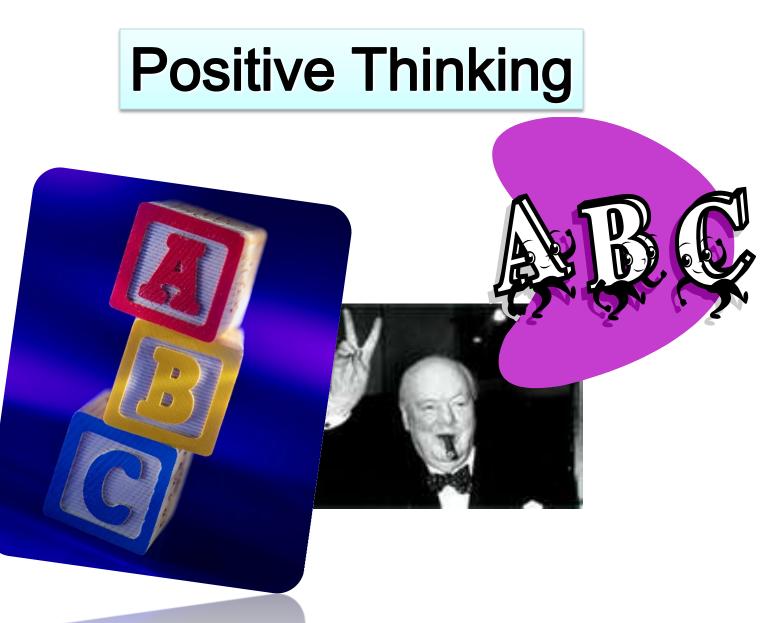


# **Relaxing Moments**

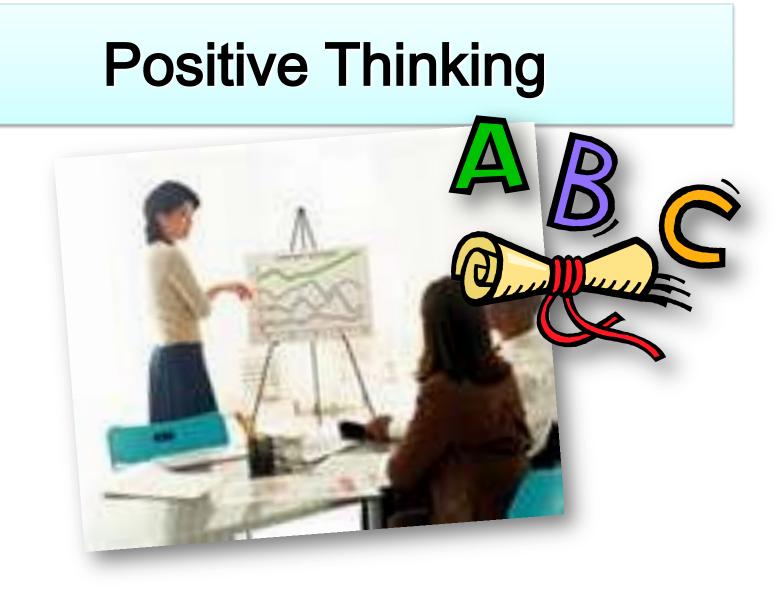
- Some months (like Oct) have 31 days. Only Feb. has 28 (except leap year). How many months have 30 days?....
- 2) A farmer has 18 dogs, all but 7 died. How many were left?.....
- 3) 2 women play chess. They play 5 games without a draw game and each woman wins the same number of games? How can that be?.....

























# **Soothing Images**



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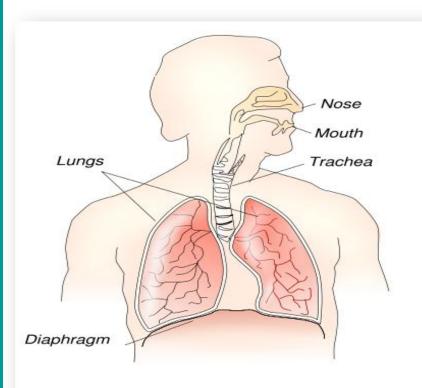
c h h

# Pause...and Breathe Your Stress away!





# **Abdominal Breathing**



#### Increases vitality

#### Promotes relaxation

#### More oxygen supply



# WRESTLERThe NATION's ACTRESSCHRIS BENOITCHOI Jin-Sil



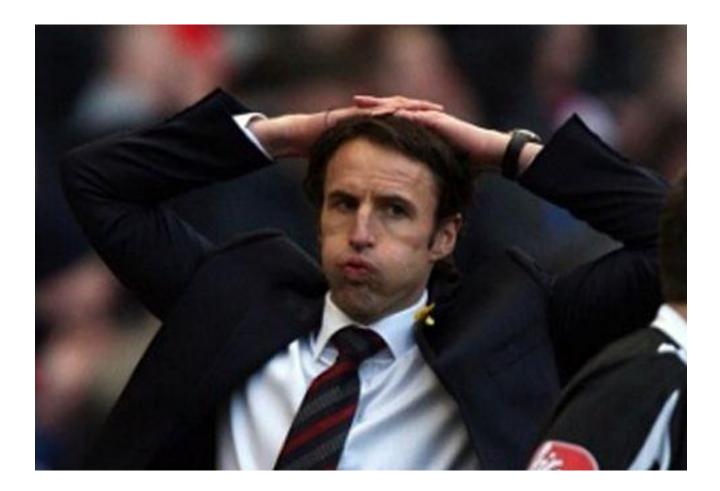
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#### Remember to take care of yourself too.



# Sigh of Relief





# **Thank You**

# Key Notes & Workshops Contact: Info@ CHH.com.sg

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