

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

An Interactive Talk
For



Dr Wolff von Auer



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Greeting Ceremony....



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SAC
Singapore Association for Counselling

THERE ARE ONLY
TWO TIMES
I FEEL STRESS:



DAY

AND



NIGHT.



Job

Satisfaction



Humor Improves Mental & Emotional Health

- Reduce Stress
- Boost Immune System
- Connect You To Others
- Make You Feel Good



Pause and Think about Your..



ATTITUDE

DON'T TAKE YOURSELF TOO SERIOUSLY

Humor & LAUGHTER IS A STRENGTH!



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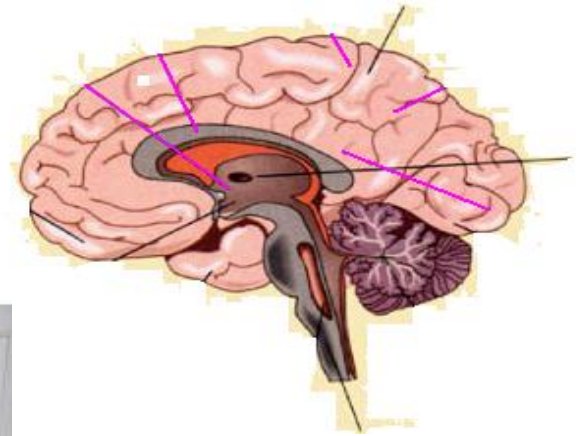
How to maintain your Sanity?

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)

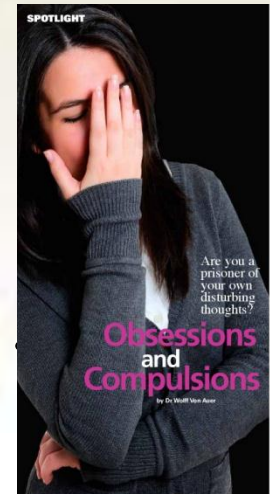
feeling tense.....

moody.....

irritable.....

depressed....

mental illness..



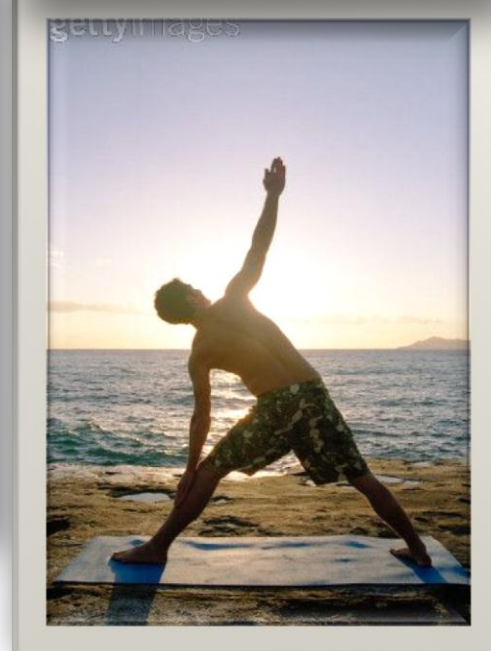
How do You know
something might be wrong?

Change in:

- Thinking
- Feeling
- Acting



A Healthy Mind In A Healthy Body



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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

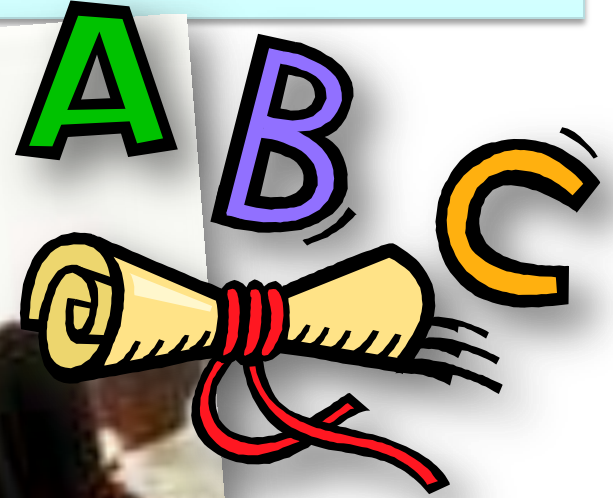
- 1) Some months (like Oct) have 31 days. Only Feb. has 28 (except leap year). How many months have 30 days?....
- 2) A farmer has 18 dogs, all but 7 died. How many were left?.....
- 3) 2 women play chess. They play 5 games without a draw game and each woman wins the same number of games? How can that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



Positive Thinking



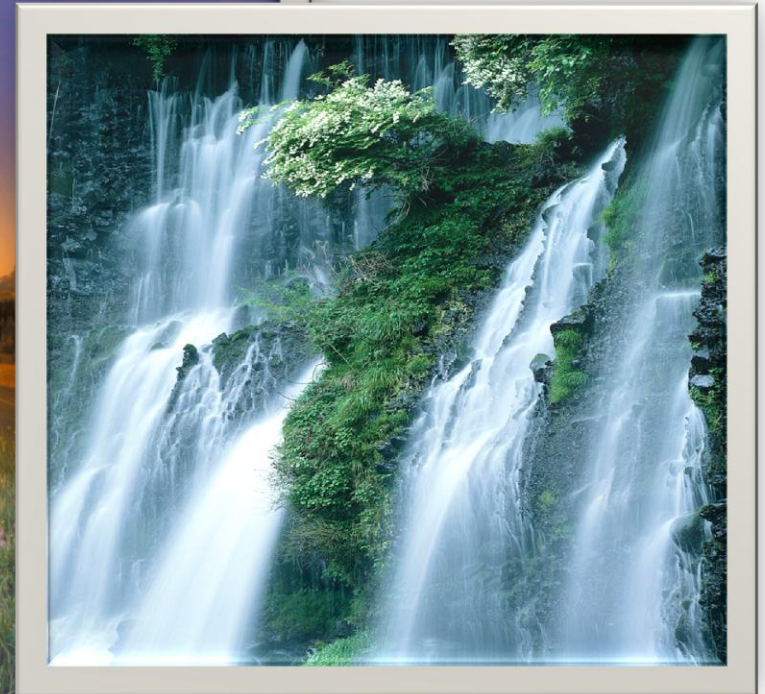
Positive Thinking



Happy Images



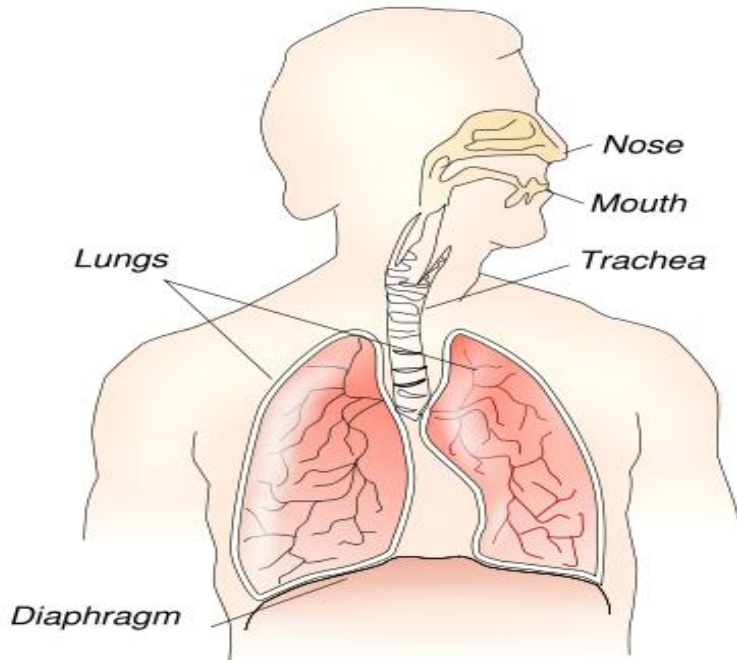
Soothing Images



Pause...and Breathe Your Stress away!



Abdominal Breathing



- **Increases vitality**
- **Promotes relaxation**
- **More oxygen supply**



WRESTLER CHRIS BENOIT

The NATION's ACTRESS CHOI Jin-Sil



Remember to take care of yourself too.



Sigh of Relief



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Thank You

Key Notes & Workshops

Contact: Info@ CHH.com.sg

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