



THE WELLBEING KIT



The **Wellbeing Kit** has been developed to provide information to assist you to outsmart stress. Using healthy choices, self-care and self-nurture may contribute to a more balanced life. Your health and wellbeing is a priority, so that you can continue in your caring role and still maintain your energy and motivation. The kit contains the following:



CD - The Laugh Frontier

Will educate you about the health benefits of laughter, how to invite more laughter into your life and introduce you to Laughter Yoga.



CD - Music for Peaceful & Quiet Times

Use this music CD for your own rest and relaxation or for a quiet time or lullaby for children.



CD - Wellbeing 101

Will share ways to improve your sense of wellbeing by reducing the effects of stress.

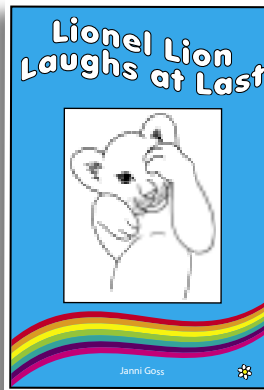
Laughter Prescription

How you can reach your daily recommended dosage of laughter



BOOK - The Wellbeing Kit Booklet

Information booklet to improve your wellbeing, health and reduce stress.



BOOK - Lionel Lion Laughs at Last

Read this story and share laughter with the children in your life.

Laughter Prescription
Recommended Dosage:
10 minutes of Laughter Daily

- Share your Smile!
- Less Bad News. Look for Good News.
- Play, Laugh and have Fun with the People in Your Life, especially Children.
- Access more Humour - TV, Movies, DVDs, Videos, Print Media, Radio and Internet.
- Learn to be an Optimist.
- Exercise Your Sense of Humour.
- Learn to Laugh at Yourself.
- Use Humour to De-Stress.
- Find a Laughter Club & do Laughter Yoga!
- Seek help if Laughter is elusive.
- Give Thanks for the Benefits of Laughter!

Janni - The Laughter Lady
www.jannigoss.com

THE BENEFITS OF LAUGHTER

- Provides cardio-vascular exercise and increases oxygen supply to the brain.
- Relieves stress and tension and lowers cortisol levels. (stress hormone)
- Lowers blood pressure and produces a feeling of relaxation and well-being.
- Burns calories and stabilizes blood sugar levels.
- Strengthens the Immune system.
- Releases Endorphins which help us feel good and can relieve pain.
- Enhances relationships and can improve productivity in the workplace.
- Starting with each individual, Laughter Yoga may eventually contribute to World Peace.

Ho! Ho! Ha! Ha! Ha!

Janni Goss
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Benefits of Laughter

How laughter improves your health and wellbeing.

Janni Goss - Wellbeing Educator / Conference Speaker

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PRICING - please tick the required quantity

1 Wellbeing Kit \$60 (including \$10 p&h)

_____ Wellbeing Kits at \$50 each
(plus \$10 postage & handling)

10 Wellbeing Kits \$510 (including \$10 p&h)

50 Wellbeing Kits \$2,510 (including \$10 p&h)

TOTAL \$

CREDIT CARD PAYMENT DETAILS / CHEQUE No: (please tick)

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