

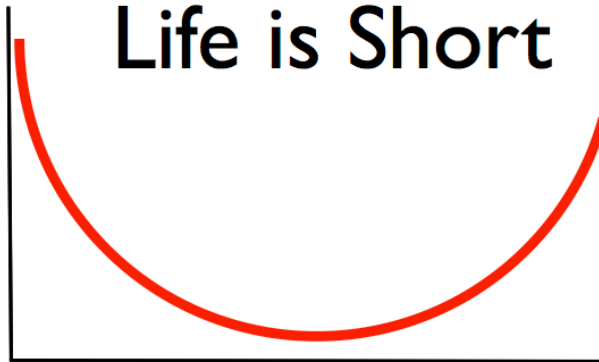
PAUL HUSCHILT'S

Humor, Resilience & Change

You MUST be your best to do your best.
You MUST laugh at least 14 times every workday.

Highs

Lows



This chart says life is short, and has highs and lows, suggesting we might as well smile and laugh more.



REFRAMING PERSPECTIVE

Looking for the positive in things that stress you can make them less stressful. It can help in finding alternative solutions. Sometimes you even find what's funny, which can further help keep things in perspective.

You MUST get the rest you need.
You MUST eat fruit every day.

Humour at Work:

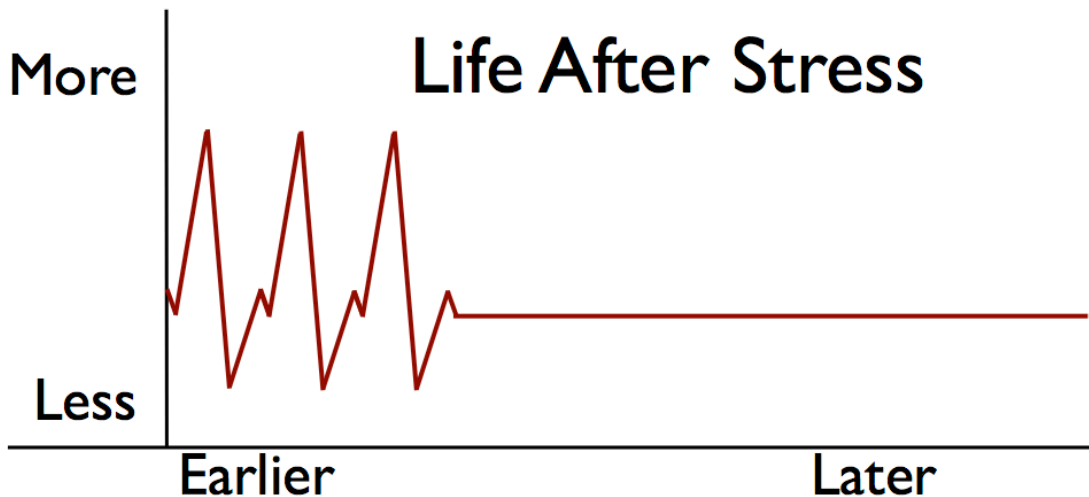
- Kind
- Inoffensive
- Gentle
- Inclusive
- Respectful

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SIMPLIFY YOUR LIFE



Life after stress is called the after-life. This chart suggests that stress is going nowhere. It's best to find ways to manage your stress.

RESILIENCE

Eat well
Sleep lots
Work smart
Exercise some
Laugh a lot
Live a little

Dare to be you because my research has shown it's actually illegal to try to be somebody else.



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expect ~~anything~~ EVERYTHING