

12th Global Neurologists Meeting on

NEUROLOGY AND NEUROSURGERY

September 21-22, 2018 Singapore

Laughter therapy to get dosage of happy hormones while having neuropathic pain and to remove stress caused by being in pain

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There is a lack of awareness about what happy hormones are and what can be done to get them. People tend to feel unhappy for multiple reasons and neuropathic pain adds on stress levels of not only the patient but the caregivers as well. Being in pain leads to feeling depressed and anxious in some cases. Studies showed that getting a dosage of happy hormones will not only ease the pain of the patient but makes them feel happy and also have a positive impact on the recovery of the patient. Adopting Laughter Therapy and getting hormones which makes one feel good will help many to recover from neuropathic pain/depression and anxiety. One needs to work on his/her energies using Laughter Therapy which is a positive approach for not having depression and anxiety caused by neuropathic pain. The therapy can be used as a holistic way to recovery. The Laughter Therapy which includes ways to get the dosage of happy hormones promotes overcoming depression and anxiety caused by neuropathic pain is a fun way to manage pain. Repeated sessions to be conducted to remind patients that life while having pain or during the recovery should go beyond just seeking medical and Counselling help and also include rebuilding spiritual, physical, emotional, relational and mental health. The model has been put together from for testing in many settings including hospitals, elderly homes and senior citizen centers. This study is just an effort to demystify the help available for depression and anxiety caused by pain. It is an attempt to motivate and encourage people to seek help and take a simple approach to remember and work on all aspects of their recovery.

Biography

Suchi Deshpande is an experienced International Pre-School Principal/Manager who learnt laughter exercises from many coaches around the world. She then designed Laughter Therapy which is being used in many places such as hospitals and senior activity centers. She provides individual and group therapy in educational and home settings. Her aim is to encourage people to seek help early and get on the path to recovery. Her works has been featured in local press, TV and Radio and has been an invited speaker at various community clubs and educational institutions. She has also been awarded by MINDS and various community clubs in recognition of her social work.

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