

How to humor your stress

With Loretta LaRoche



Biography:

Loretta LaRoche (born 1939) has been a stress management consultant for over 30 years.

Loretta LaRoche is an award winning, acclaimed speaker, author and international stress expert and humor consultant. With irreverent humor and an innate sense of the absurd, she helps people see how needlessly complex and stressful our lives can become.

She is founder and president of The Humor Potential, Inc, a company offering programs and products for life style management.

She is the author of seven books, including “Life is Short, Wear Your Party Pants.”

Her career path has also included many one-woman shows across the country, and her passion for singing has led her to creating a jazz album.

She believes and lives her message, “**Life is not a stress rehearsal!**”



Vocabulary 1

1) Martyr [mɑ:rtəʳ]

Ex.: The dead student is now being regarded as a martyr.

...a Christian martyr.

those who choose to suffer or die rather than give up their faith or principles

Martyrdom [mɑ:rtəʳdəm]

Ex.: She sat picking at her small plate of rice salad with an air of martyrdom.

She was always suffering, because of that ... Sicilian martyrdom.

2) Angst

Ex. She says my teenage angst ruined the best years of her life.

Why so much angst about who can marry whom?

A strong feeling of worry and unhappiness

Vocabulary 2

3) To roll with the punches (idiom/ inf)

*Ex.: Taylor's car broke down on his way to work, so he had no choice but **to roll with the punches** and call a taxi, even though it meant he'd show up late.*

to be able to deal with a series of difficult situations

***Origin:** This phrase is believed to originate with boxing, where 'rolling with the punches' was, and still is, a boxing term. The term is used to explain how boxers will often angle themselves in certain ways to help lessen the impact of incoming strikes.*

4) LDL (medical)

low-density lipoprotein

*Ex.: What if your **LDL** is too high*

5) Kale smoothie

a vegetable that is similar to a cabbage



Vocabulary 3

6) To act up (phrasal verb)

Ex.: Sophie got bored and *started acting up*.

My car always *acts up* in cold weather.

If you *acted up*, you got told what's wrong with you.

If something is acting up, it is not working properly.

If a child is acting up, they are behaving badly.

7) Perpetual [pə'petʃuəl]

Ex.: They lived in *perpetual* fear of being discovered .

He has hard, cold eyes and his mouth is set in a *perpetual* sneer.

-a *perpetual* student

continuing for ever in the same way

8) Make light of something

Ex. Roberts attempted *to make light of* his discomfort. They've both had knee injuries, but the two friends *make light of* their weaknesses.

If you make light of something, you treat it as though it is not serious or important, when in fact it is.

Vocabulary 4

9) To ramp something up (phr.v)

*Ex.: The company announced plans **to ramp up** production to 10,000 units per month.*

*To stay competitive, they'll have **to ramp up** product development as well as cut prices.*

to increase or cause to increase

10) Ailment [eɪlmənt]

*Ex.: The pharmacist can assist you with the treatment of common **ailments**.*

*Treat minor **ailments** yourself.*

an illness, especially one that is not very serious

11) Laxative (pharmaceutical)

Ex. Foods that ferment quickly in the stomach are excellent natural laxatives.

food or medicine that you take to make you go to the toilet

Vocabulary 5

12) Anchorperson

Ex.: The late-night current affairs show has a new anchorperson.

Someone who is the main news reader on a television or radio news programme

13) Lighten up (phr. v)

*Ex.: Share it with your partner but tell him **to lighten up**.*

*Oh, **lighten up!** I was only joking!*

to become more relaxed and less serious

14) To crack up (someone) (phr. v mainly Am)

*Ex.: She told stories that **cracked me up** and I swore to write them down so you could enjoy them too.*

to laugh with great enthusiasm, or to cause someone to laugh in this way

Vocabulary 6

15) A hose (n)

*Ex.: You've left the garden **hose** on.*

*He suffered face, hand and ankle burns trying to tackle the blaze with a garden **hose**.*

a long plastic or rubber pipe, used to direct water onto fires, gardens, etc.



16) Innate (adj)

*Ex. Americans have an **innate** sense of fairness.*

*...a society in which individuals could develop their **innate** abilities and capacities*

Quality or ability you were born with, not one you have learned

17) Predisposition (n)

*Ex.: She has an annoying **predisposition** to find fault.*

*There are always going to be other factors that influence someone's **predisposition** to exercise.*

The state of being likely to behave in a particular way or to suffer from a particular disease

Vocabulary 7

18) psychic ['saɪ.kɪk] (adj)

*Ex. Trevor helped police by using his **psychic** powers.*

*He declared his total disbelief in **psychic** phenomena.*

having a special mental ability, for example so that you are able to know what will happen in the future or know what people are thinking

19) To tamp down (phr.v)

*Ex.: The party retained power by boosting the economy and **tamping down** corruption.*

to reduce the amount, level, size, or importance of something

20) Humility (n)

*Ex.: What is certainly true is that he combined the finest intellect with a great **humility**.*

*They might be very rich, but it wouldn't hurt them to show a little **humility**.*

the quality of not being proud because you are aware of your bad qualities

Seinfeld

Seinfeld is an American sitcom television series created by [Larry David](#) and [Jerry Seinfeld](#) for [NBC](#).

(1989 – 1998/ 9 seasons)

It is often described as being "a show about nothing", as many of its episodes are about the minutiae of daily life.

Seinfeld is widely regarded as one of the greatest and most influential sitcoms of all time. It has been ranked among the best television shows of all time.

Much of the show's humor is based upon repeated use of irony, incongruity, and (oftentimes unfortunate) coincidence(s) as plot devices for many of the individual episodes' plots and humorous moments



Link:

https://www.youtube.com/watch?v=bZMJdhe4xhQ&feature=emb_logo

Discussion

- Is being funny a natural ability or can a person learn to be funny?
- Have you ever played a practical joke on another person? What did you do? To whom?
- Why do people say laughter is the best medicine?
- How often do you have a good laugh?
- Laughter is catching. Do you start laughing when you see or hear other people laughing? Why do you think it happens?

