

Listening Diminishes Election Stress

Available for In-Studio Interview...

Simply Listening Diminishes Election Stress While Improving Your Health & Relationships

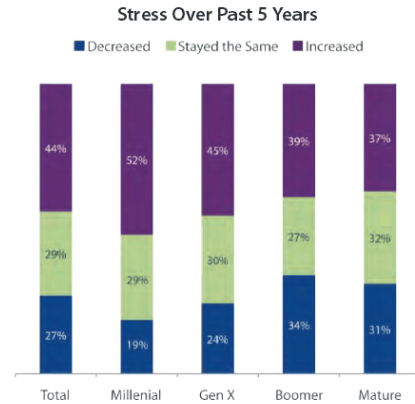
The AMA [reported](#) that in the past 5 years, 44% of Americans have an increase in psychological stress.

With the American economy focused on results of the Presidential election it is our responsibility to improve our lives by reducing election causing stress factors that lead to heart diseases, obesity, diabetes, headaches, and depression.

I will give you simple techniques to reduce stress and improve communication with family and co-workers.

Props: 30 years as a professional entertainer, I incorporate balloon art into my presentation.

American Psychological Association [Data](#)



BASE: All respondents (n=1226); Millennial (n=420); Gen X (n=274); Boomer (n=361); Mature (n=171)
Q6.20 Thinking about the past 5 years, would you say the level of stress in your life has increased over time, decreased over time or has it stayed about the same?



Celebrities Who Are Active Listeners

- Arsenio Hall
- Conan O'Brien
- Jimmy Fallon
- David Letterman
- John Carson

B.E.E. – Formula for Active Listening When Dealing with Family.

B – Body, how we stand, sit, and express ourselves

E – Eye contact show respect and attention

E – Ears need to focus on the message, allowing the brain to pick up tones and inflections to better interpret the message.

Dealing with Social Media - Step away from the computer and focus on family activities. Post kids pictures, family activities and show the bond you have with family and friend.

Dale educates business professionals on how to improve one's self smartly and effortlessly, while creating an unpopable image. As a professional entertainer, entrepreneur, and motivator, Dale Obrochta understands the importance of image perception from both an individual and corporate perspective. Contact: Dale Obrochta (708) 744-0234 ■ dale@UnderstandingYourImage.com
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