

## **Past and Proposed Articles**

Cheryl Nason is a fluid avid writer of magazine, column, newspaper and op-ed pieces related to managing job stress, communication, wellness, workplace violence, conflict resolution, and behavior style differences in the workplace. A sample of articles available for first serial rights is listed here. The article entitled "*Laughter May Be The Best Medicine*," is for distribution in the public domain, as long as attribution is provided.

### **THE STRESS BONE'S CONNECTED TO THE HEAD BONE: Job Stress Busters**

When a comedian uses humor you ask "Is it funny?" When you use humor in the business world, you ask "Does it work?" The purpose of this article is to introduce the value of humor and how to use it on the job to: increase personal and professional effectiveness, as well as the effectiveness of others; positively manage work stress; enhance communication; lessen resistance to change; raise overall morale and create a more positive, productive work environment .

### **SIXTEEN WAYS TO ADD FLUFF TO YOUR STUFF: Tips, Ideas and Strategies for Improving Your Presentations**

The focus of this article is on the fundamental questions of how to prepare and deliver a more effective presentation. Topics such as: the importance of non-verbal communication; how to put in pizzazz and fun for the audience; knock 'em dead with humor, as well as, (of course) how to more effectively deliver what you have prepared are included.

### **WORK AND LIFE: Achieving Balance**

We call it "balance," but we are not actually balancing things, people, activities, or blocks of time against one another. What we are doing is using the energy we have available on any given day to do the many things we want, need, and have to do. Whether you hold the title of Manager or not, each of us should be the manager of our own available energy. This article discusses ideas and tips for you to manage your own energy resource

### **SEVEN SECONDS TO YOUR FIRST IMPRESSION: You Never Get A Second Chance**

We send silent messages through our dress, face, and gestures. Our voices reveal clues to our education, attitudes and confidence. If you are trying to make a good professional or social impression, it is important to be able to assess and improve the message you're sending. Do you have a positive, confident communication style? This article will give ideas, strategies and techniques for changing your self-perception, enhancing your image and learning how to unplug anxiety and stress in business or social settings.

### **JINGLE BELLS, JANGLED NERVES: Surviving the Holidays with Joy**

Although the holiday season brings joy, fellowship, and reflections on the past and the coming year, it can be a very stressful time. This seasonal article

recognizes the difficulties the holiday season poses for many adults and uses humor to reframe the situation. Traditional issues are addressed in a light, humorous manner. Tips and techniques for helping deal with stressors are given as well.

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