

Neuroscientist and Communication Specialist Dr. Andrea Adams-Miller Marks 80th Stage Production While Addressing the Rising Holiday Stress Affecting Millions Nationwide

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As Christmas and the New Year comes closer, Dr. Andrea Adams-Miller, CEO of The RED Carpet Connection LLC, executive consulting, and Founder of The SubConscious Connection, LLC, mind mastery, offers insight into how people can experience emotional ease, stability, and joy during the holiday season, a sharp contrast during an annual period when stress, grief, and family tension sharply increase across the United States.

Her work examines how holiday-related triggers activate neurological and subconscious patterns associated with memory, grief, relational roles, and sensory overload. Heightened limbic activity often results in irritability, communication strain, or unexplained sadness. Using neuroscience-based communication strategies, subconscious pattern interruption, and emotional regulation techniques, she guides individuals toward calmer internal states and healthier relational dynamics. Clients frequently report clearer communication, stronger boundaries, and improved emotional resilience throughout the season.

This year, Dr. Andrea brings her understanding of emotional resilience in a different context, laughter, as she appears in the Fort Findlay Playhouse production of "The Holiday Channel Christmas Movie Wonderthon.? The festive parody blends six Hallmark-style plotlines into a single comedic holiday performance. As snow falls at the perfect moment and characters navigate cheesy romance, royalty, small-town charm, and improbable coincidences, the show offers the lighthearted emotional escape audiences seek during stressful times.

The Holiday Channel Christmas Movie Wonderthon production, written by Don Zolidis, produced in association with Playscripts, Inc., directed by Patrick Davis, and produced by Georgia Durain, features a full ensemble cast including Cameron Levi, Olin Fix, Nikki Needles, Shirley Nebergall, Mariah Clawson, Meraya Willford, Adam Sielschott, Betsy Herman, Tatiana Burkett, Samantha Henry, Aeryn Williams, Dr. Andrea Adams-Miller, Kerry Trautman, Seth Camiscione, Jordan Gottschalk, Wes Taylor, Matt Frost, Matt Fix, Tim Frost, Shawn Ebanks, and Jeff Lee. Therefore, audiences seeking uplifting comedic experiences will likely experience an increase in positivity. These live performances run December 11?14 and 19?21 in Findlay, OH. Tickets are available at www.FortFindlayPlayhouse.org

This performance marks Dr. Andrea?s 80th stage production. She notes that the neuroscience of humor aligns naturally with seasonal well-being. Laughter triggers dopamine, serotonin, and endorphins, promoting emotional relief and disrupting stress-related thought loops. Predictable, uplifting stories decrease amygdala activation, creating psychological safety and supporting emotional recalibration. These mechanisms are foundational principles in her communication and subconscious-pattern work with individuals and organizations seeking release from sadness and grief.

Individuals, families, executives, and organizations interested in sessions and trainings for emotional resilience, communication support, or interview requests may contact Dr. Andrea Adams-Miller directly at 1-419-722-6931 or by emailing AndreaAdamsMiller@TheREDCarpetConnection.com.

Disclosure:
The stress-reduction mechanisms described in this release are general wellness and communication strategies. They are not medical treatments and are not represented as substitutes for medical or psychiatric care.

About Dr. Andrea Adams-Miller

Dr. Andrea Adams-Miller is a master neuroscientist, communication strategist, and consultant specializing in brain-based communication, emotional regulation, and subconscious patterning. As the CEO of The RED Carpet Connection LLC and the founder of The SubConscious Connection, she focuses on helping individuals and organizations understand how the brain processes stress, interpersonal dynamics, and influence. Her background spans public health, entrepreneurship, advanced subconscious change modalities, and the study of emotional resilience. In addition to her international public speaking work, Dr. Adams-Miller has contributed to more than eighty theatrical productions.

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For more information about TheREDCarpetConnection.com, LLC, contact the company here:The RED Carpet Connection, LLCDr. Andrea Adams-Miller, Ph.D.+1-419-722-6931AndreaAdamsMiller@TheREDCarpetConnection.com8155 Township Road 89, Findlay, OH 45840

TheREDCarpetConnection.com, LLC

The RED Carpet Connection, LLC is a neuroscience-driven executive advisory firm founded by Dr. Andrea Adams-Miller, guiding leaders to strengthen authority, influence decisions, and act with precision, speed, and discretion in high-stakes environments.

Website: https://www.TheREDCarpetConnection.com

Email: AndreaAdamsMiller@TheREDCarpetConnection.com

Phone: +1-419-722-6931