



FLIP IT THINKING FOR THINKING DIFFERENTLY

LAUGH**OL**OGY

www.laughology.co.uk



@Laughology

maybo

positive and safer outcomes



STEPHANIE DAVIES & Head of Happiness



Laughology

Find us on 

Laughology
learning
and development

THOUGHT PROCESS & RESILIENCE





TOXIC POSITIVITY



We need to be
happy 24/7



Deny negative
emotions



Judge others for
not being
positive



A life based on
social media



Not willing to
seek help



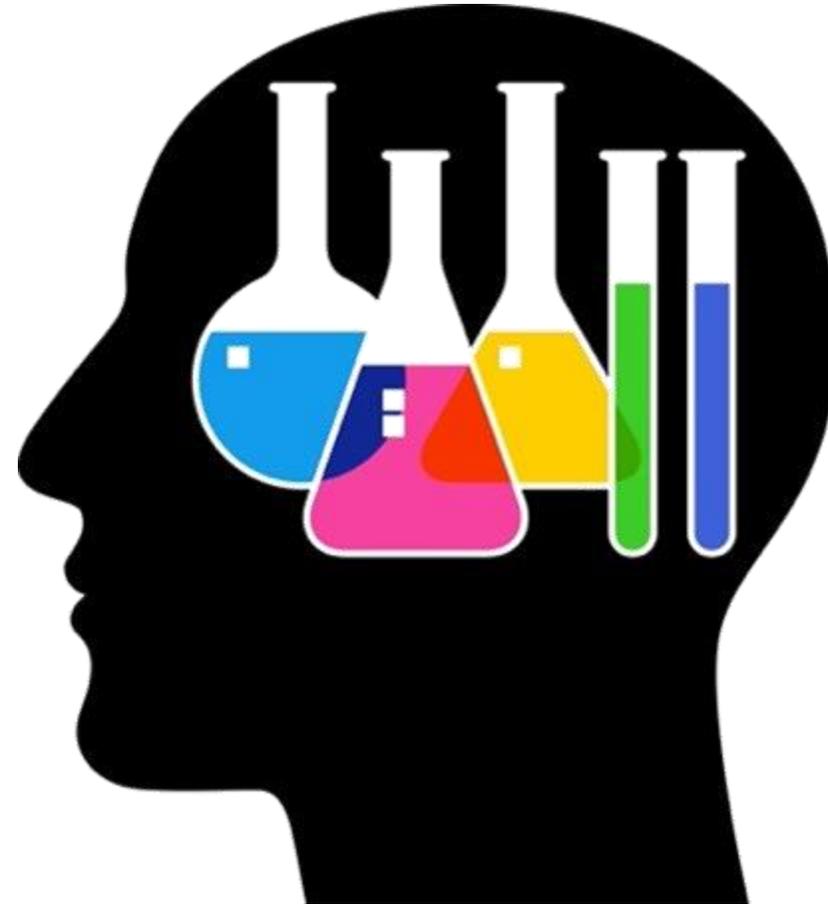
DOSE OF LAUGHTER TO THINK DIFFERNTLY

Dopamine

Oxytocin

Serotonin

Endorphins



STRESS IS NOT A DIRTY WORD



Cortisol

Adrenaline

Noradrenaline



EMOTIONAL FAST

Automatic
Intuitive
Instinctive
Primary
Rapid
Blind
'WYSIATI'



RATIONAL SLOW

Considered
Effortful
Focused
Secondary
Slower
Lazy

THE POWER OF PAUSE



STIMULUS

See it from a neutral perspective



PAUSE

Time to think,
don't jump in with
emotion or reaction
(Think, Feel, Do)



RESPONSE

Choose to respond in a
way that's open and
curious





FLIP- it THINKING

FLIP



FOCUS



LANGUAGE



IMAGINATION



PATTERN
BREAKING



Humour triggers & learned optimism

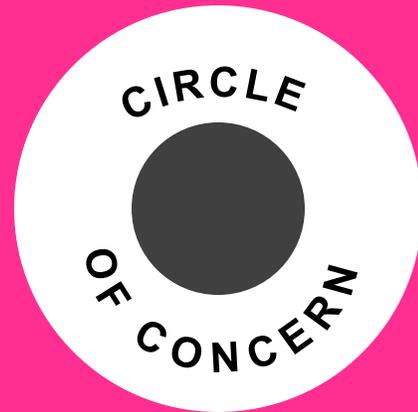
What makes you laugh?

What are you grateful for?

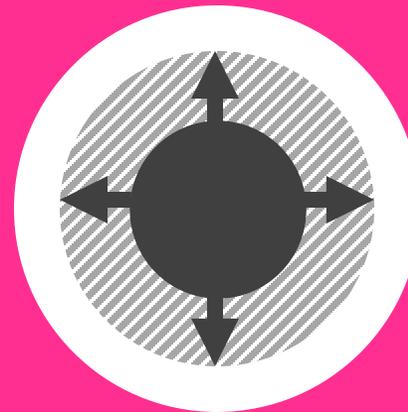
What have you enjoyed?



SHIFTING FOCUS



REACTIVE
FOCUS



CHANGING
YOUR FOCUS



PROACTIVE
FOCUS

F*CK it
BUCKET





FLIP- it THINKING

FLIP



FOCUS



LANGUAGE



IMAGINATION



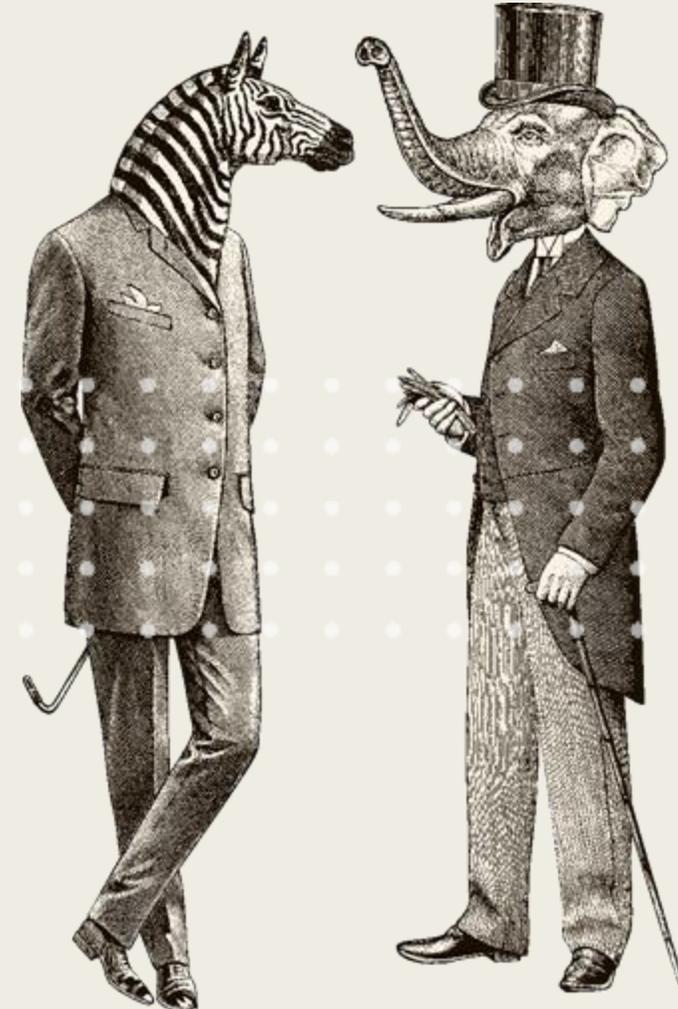
PATTERN
BREAKING

WONKY LANGUAGE

WONKY: That was a complete disaster
CORRECTIVE: That was a bit tough today

STUCK: I'm being forced to give up this role
POSITIVE
POSITIONING: Is there an opportunity to learn
something new

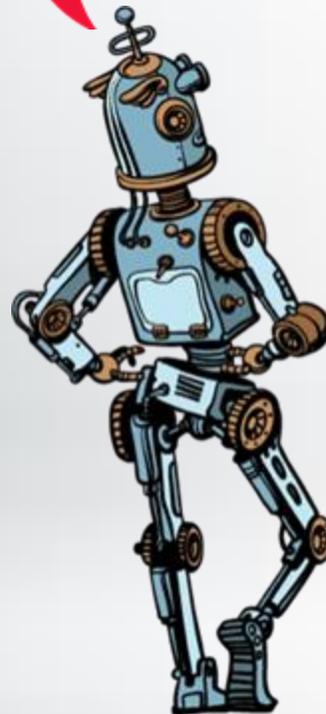
SERIOUS: Test or
FUN: Quiz?



Challenge and Reframe Your Anxious Thoughts



NOTICE
IT



NAME
IT



NEUTRALISE
IT



WONKY. THINKING.

LAUGH**O**LOGY 

DISQUALIFYING
THE POSITIVE



MENTAL FILTER



Should.
Must.

LABELLING



EMOTIONAL
REASONING



PERSONALISATION

This is
my fault

OVER
GENERALISATION

Everything
is rubbish.

MAGNIFICATION
CATASTROPHISING
& MINIMISATION



JUMPING TO
CONCLUSIONS

$2+2=5$

ALL OR
NOTHING
THINKING





FLIP- it THINKING

FLIP



FOCUS



LANGUAGE



IMAGINATION



PATTERN
BREAKING



house

WHAT'S YOUR MAGIC QUESTION?

What would She-ra do?

Imagine you were in charge,
how would you get this sorted?

What would you stop?



GOOD HUMOUR INGREDIENTS



Facial
expressions



Body
language



Voice, tone
& pitch



Types of
words



FLIP- it THINKING

FLIP



FOCUS



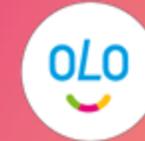
LANGUAGE



IMAGINATION

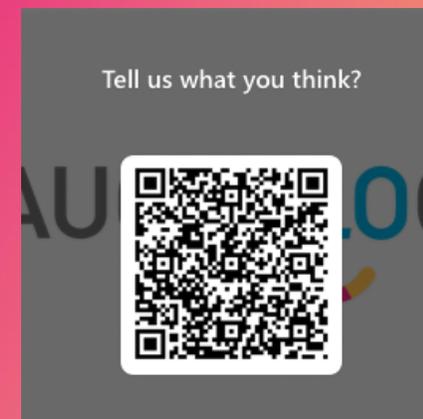


PATTERN
BREAKING



MAKING WORK YOUR HAPPY PLACE

Find out more about how Laughology can help make you and your people happy and productive.



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