

**FLIP IT THINKING**

**LAUGH**o**LOGY**  






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# DOSE OF HAPPINESS

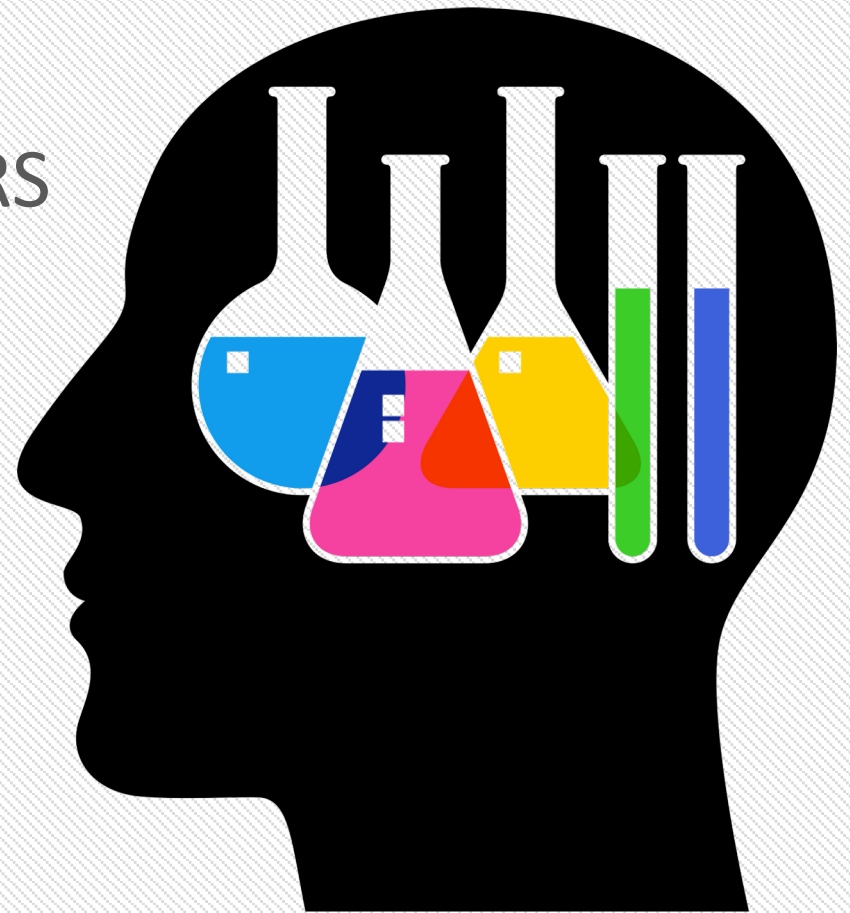
## NEUROTRANSMITTERS

Dopamine

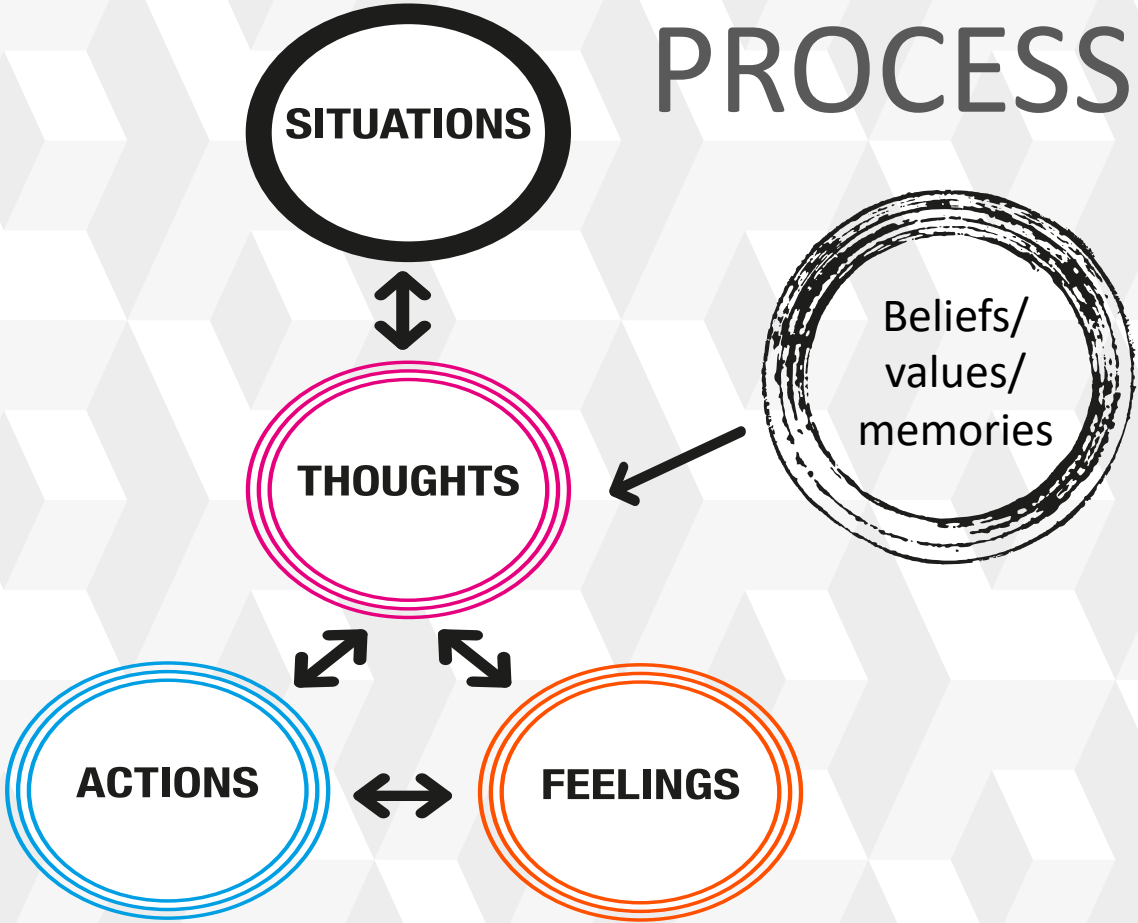
Oxytocin

Serotonin

Endorphins



# THOUGHT PROCESS



# BELIEF AND RESILIENCE



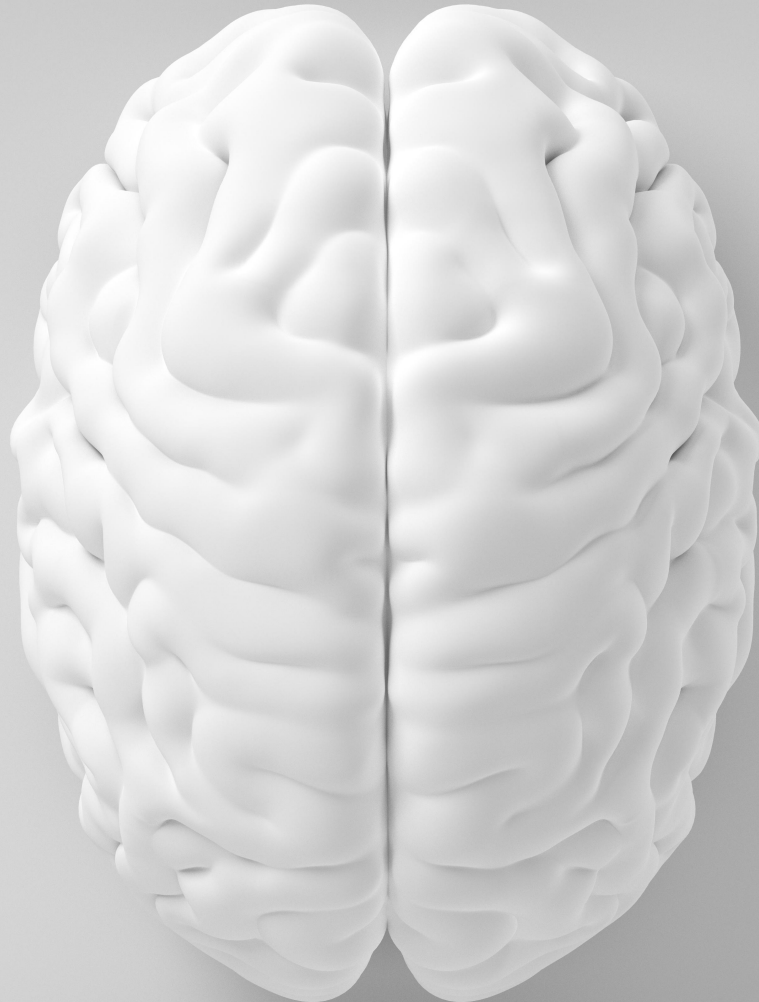
# BELIEF AND RESILIENCE



FAST

**EMOTIONAL**

- Automatic
- Intuitive
- Instinctive
- Primary
- Rapid
- Blind
- 'WYSIATI'



SLOW

**RATIONAL**

- Considered
- Effortful
- Focused
- Secondary
- Slower

# INCREASING PSYCHOLOGICAL SAFETY

## A LEARNING CULTURE

- Encourage curiosity
- Learning from mistakes
- Growth mindset

## CLARITY

- Clear understanding of role
- Strong and clear brief/Communications
- Context



## COLLABORATIVE & FEARLESS TEAMS

- Information sharing
- Make time for chats
- Make time for fun

## SUPPORT

- Safe to speak up and ask questions
- Be available to listen
- Reward and recognition of effort and outcomes



**CQ + PQ = IQ**

# FLIP- it THINKING

F.L.I.P



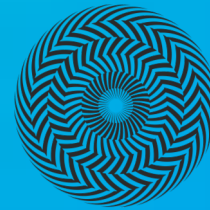
FOCUS



LANGUAGE



IMAGINATION



PATTERN  
BREAKING

# What is

**LAUGHTER ?**



**HUMOUR ?**



## GOOD HUMOUR INGREDIENTS



Facial  
expressions



Body  
language



Voice, tone  
& pitch



Types of  
words

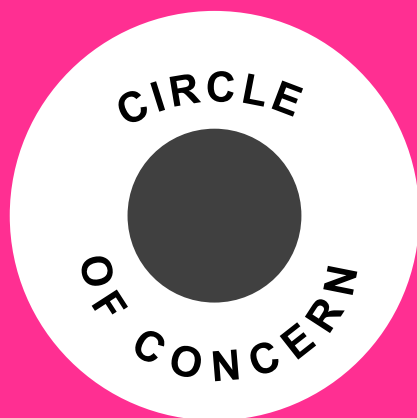
# Humour triggers & learned optimism

What makes you laugh?

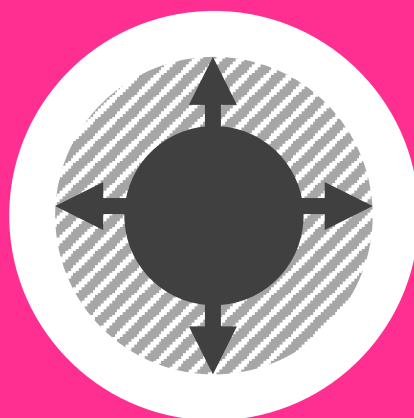
What are you grateful for?

What have you enjoyed?

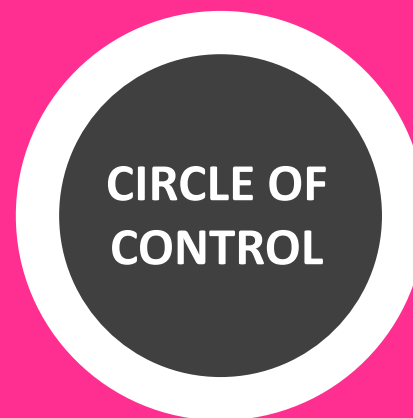
# COPING SKILLS



REACTIVE  
FOCUS



CHANGING  
YOUR FOCUS



PROACTIVE  
FOCUS

# FLIP- it THINKING

F.L.I.P



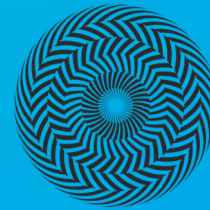
FOCUS



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PATTERN  
BREAKING

# WONKY LANGUAGE

WONKY THOUGHTS: That was a complete disaster

CORRECTIVE: That was a bit tough today

STUCK: I feel stupid, I'm no good at this

POSITIVE

POSITIONING: How can we look at it differently?

SERIOUS: Test or Quiz?

FUN:





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SERIOUS: Test or Quiz?

FUN: If a quiz is quizzical what's a test?



**WONKY.  
THINKING.**

**LAUGHOLoGY**  


**LABELLING**



**MAGNIFICATION  
CATASTROPHISING  
& MINIMISATION**

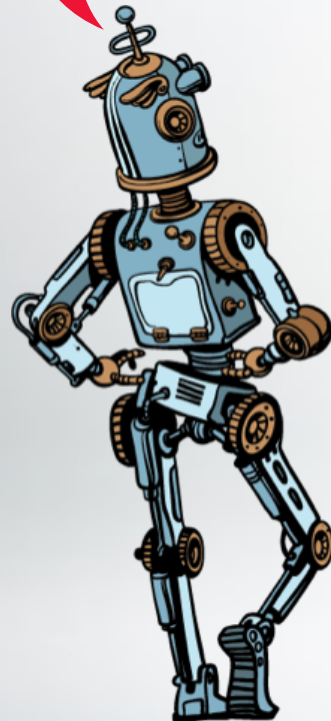


**JUMPING TO  
CONCLUSIONS**

$$2+2=5$$

# Challenge and Reframe Your Anxious Thoughts

NOTICE  
IT



NAME  
IT



NEUTRALISE  
IT



## THE POWER OF WORDS

- Security
- Adventure
- Love
- Passion
- Health
- Success
- Freedom
- Intimacy
- Comfort
- Anger
- Loneliness
- Rejection
- Humiliation
- Failure
- Guilt
- Frustration
- Depression

# FLIP- it THINKING

F.L.I.P



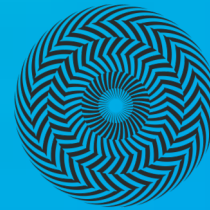
FOCUS



LANGUAGE



IMAGINATION



PATTERN  
BREAKING

# MAGIC QUESTION?

What would the Avengers do?

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

What would be the next best thing to  
help you feel better?



# FLIP- it THINKING

F.L.I.P



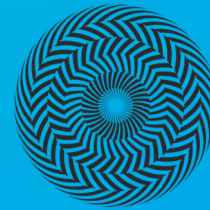
FOCUS



LANGUAGE

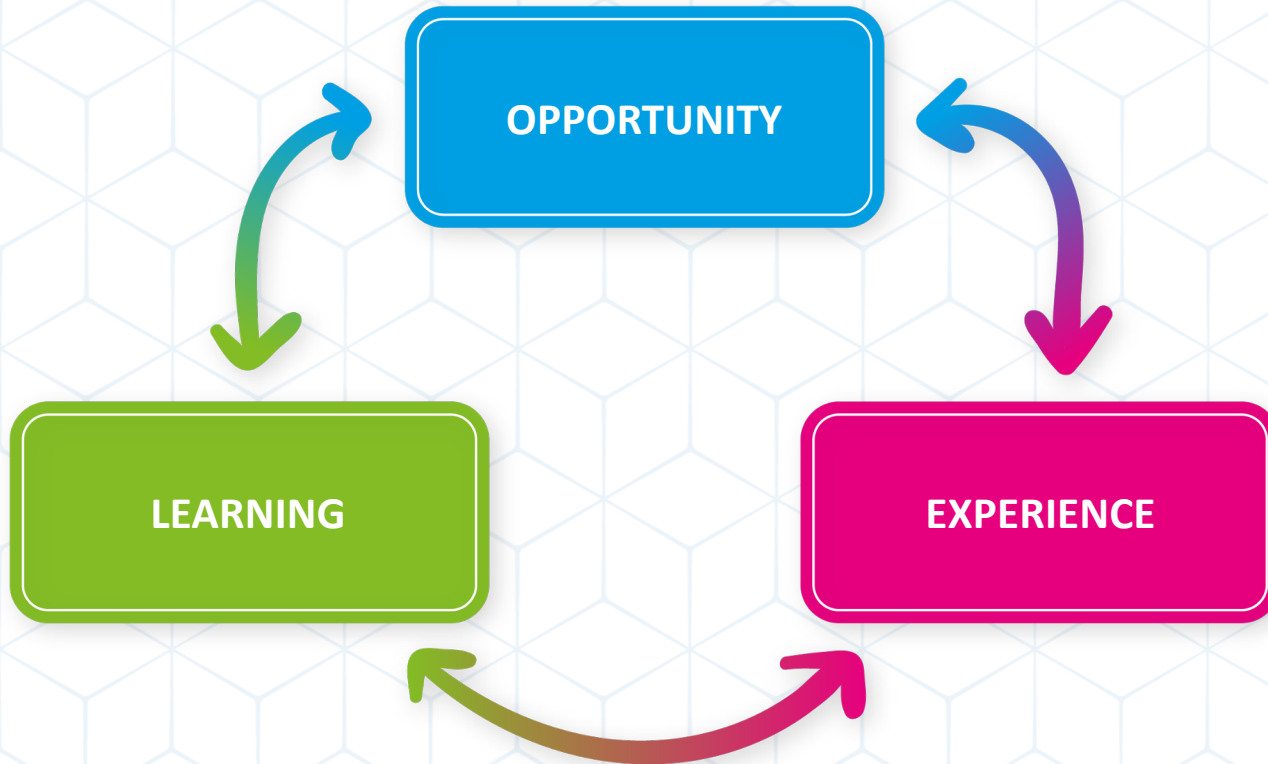


IMAGINATION



PATTERN  
BREAKING

CYCLE OF CHANGE





EMOTIONAL CYCLE OF CHANGE



R.I.N.G

## A

### ASSESS

What's happening now and what needs to happen

## B

### BRAINSTORM

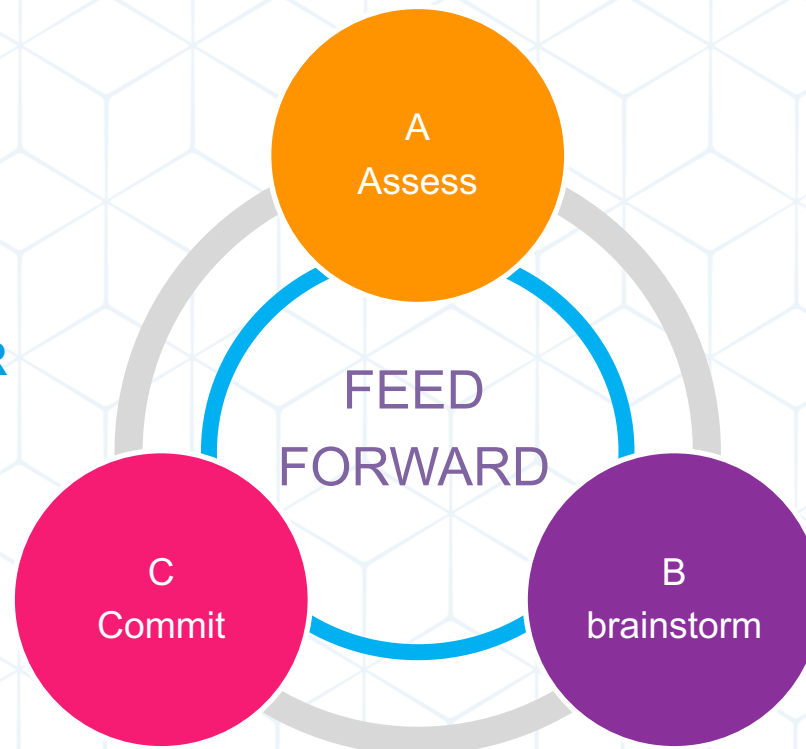
Ideas for actions

## C

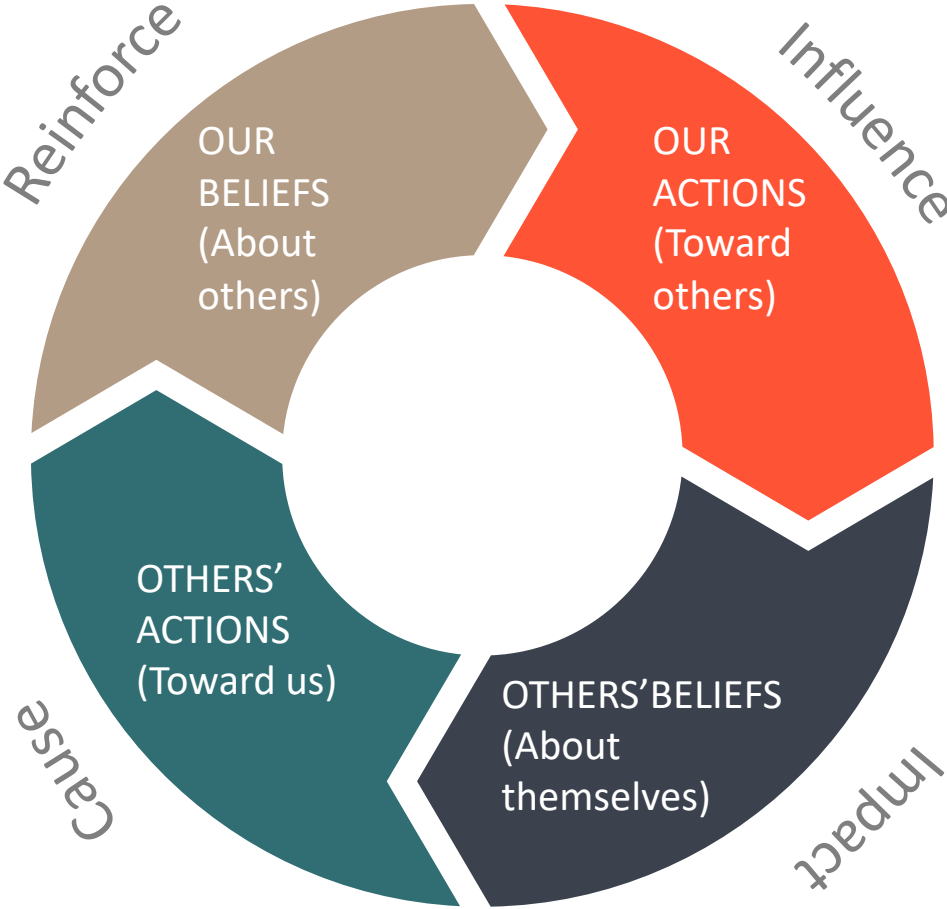
### COMMIT

what's the next step to take me forward?

**A HELPFUL  
STRUCTURE FOR  
CHATS:**



# PYGMALION EFFECT



# WHAT NEXT?

- What will you FLIP?
- Use language that is positive, constructive and encourages growth-mindset.
- What can you do to increase your DOSE of happiness
- What can you do more of to increase psychological safety?
- Recognise wonky thoughts and behaviour and support people to correct it in a kind way.



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



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