



FLIP IT THINKING – BUILDING SOLUTION FOCUSED OPTIMISM WITH HUMOUR

LAUGHOLO**GY**

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STEPHANIE DAVIES

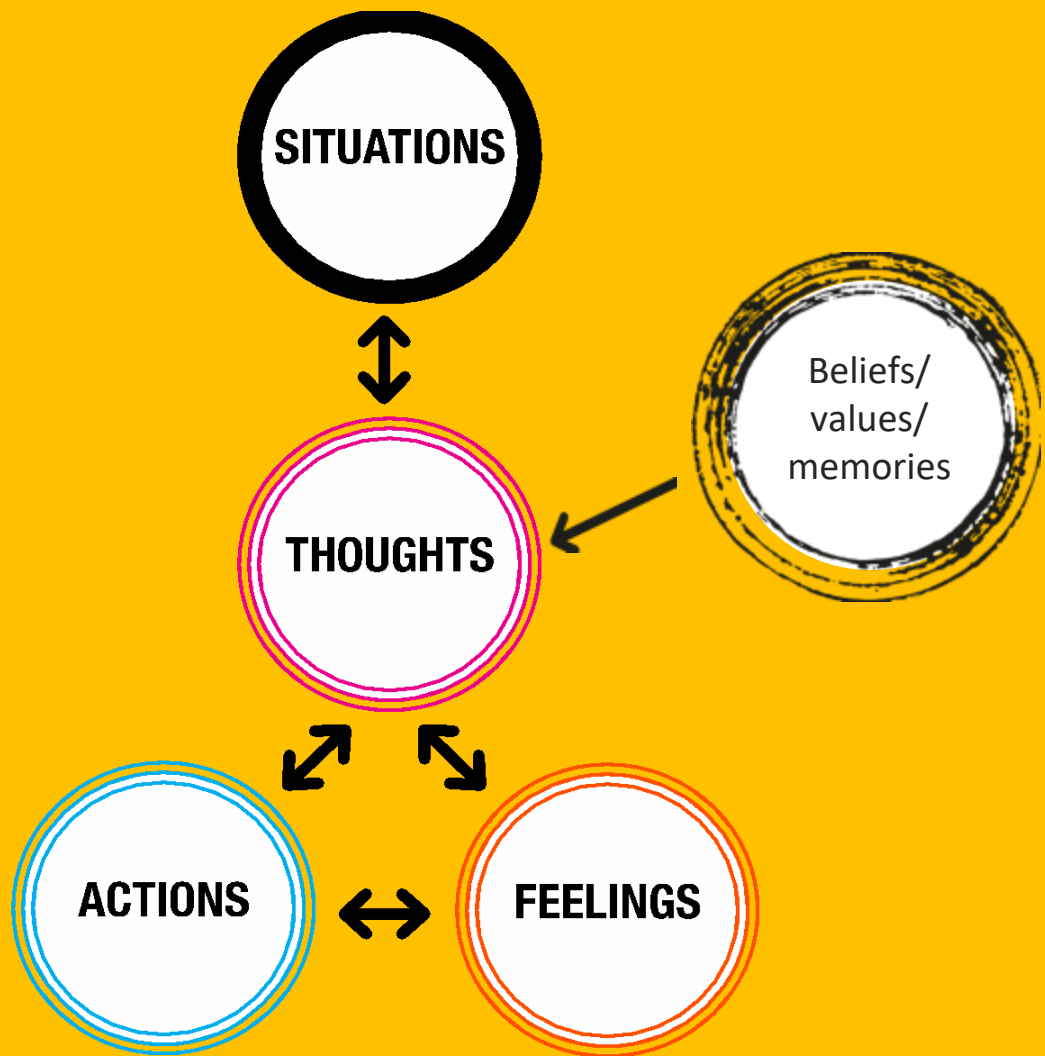
Head of Happiness



WHAT WE'LL COVER

- Ways to be more flexible in our thinking when faced with challenges.
- The importance of realistic optimism for problem solving
- Exploring FLIP it thinking for being solution focused
- Ways to feel calm and in control

HOW WE SEE THE WORLD







BEHAVIOURS & MOTIVATION



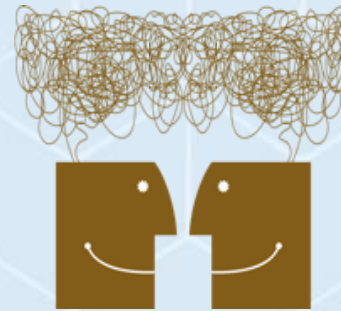
FIGHT

- Blame
- Argue
- Not fair
- Aggressive
- Disruptive
- Sabotage



FLIGHT

- Move away from
- Avoidance
- Feel better when away



FLOCK

- Find people who think like you
- Group behaviours
- Create group mentality
- Influence with my belief



FREEZE

- Head in sand
- Tend not to ask for help
- Go quiet – avoid issue

THINKING & PROCESSING

FAST

EMOTIONAL

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



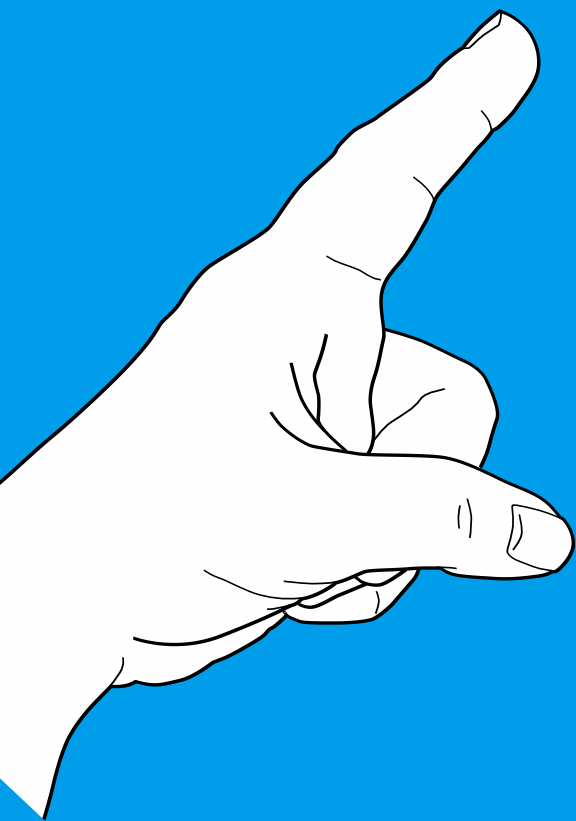
SLOW

RATIONAL

- 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

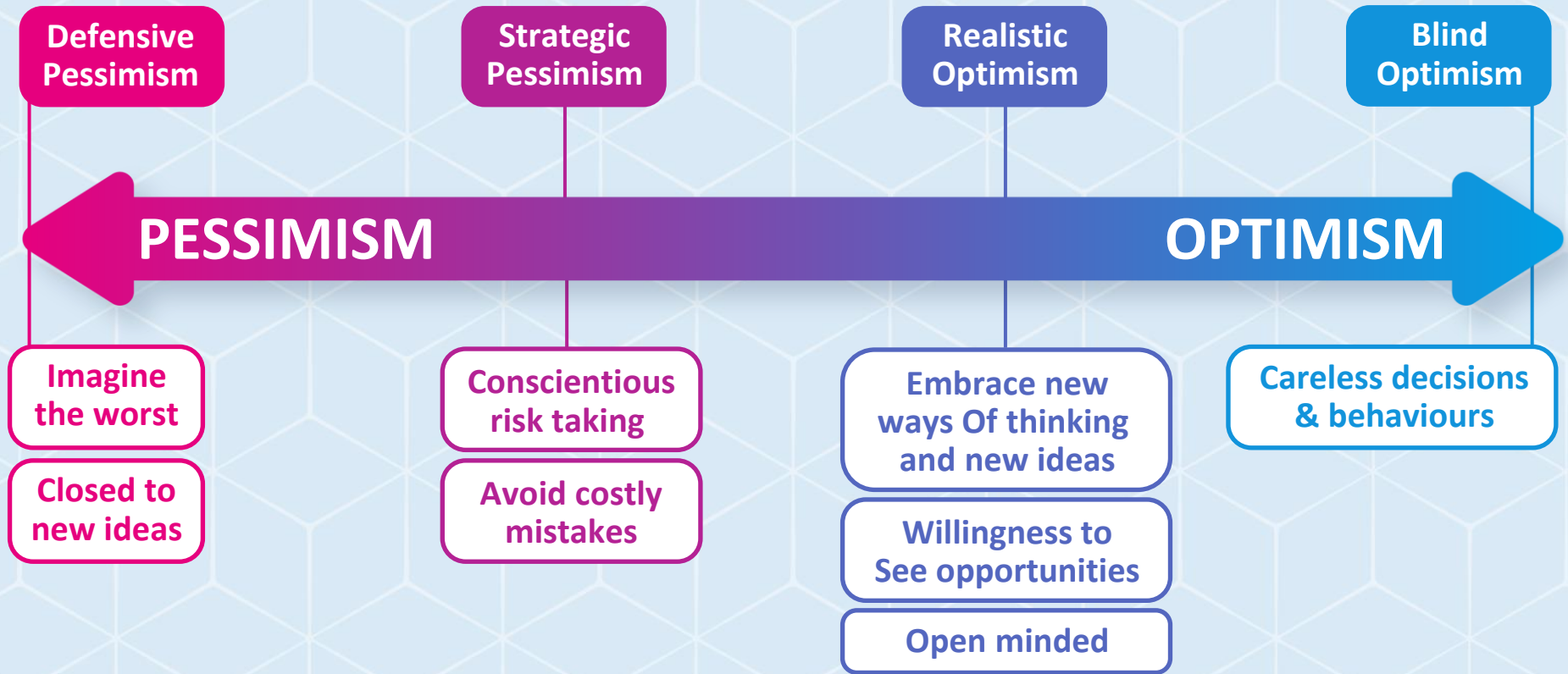


Response

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



WHERE ARE YOU?



EXPLANATORY STYLE

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

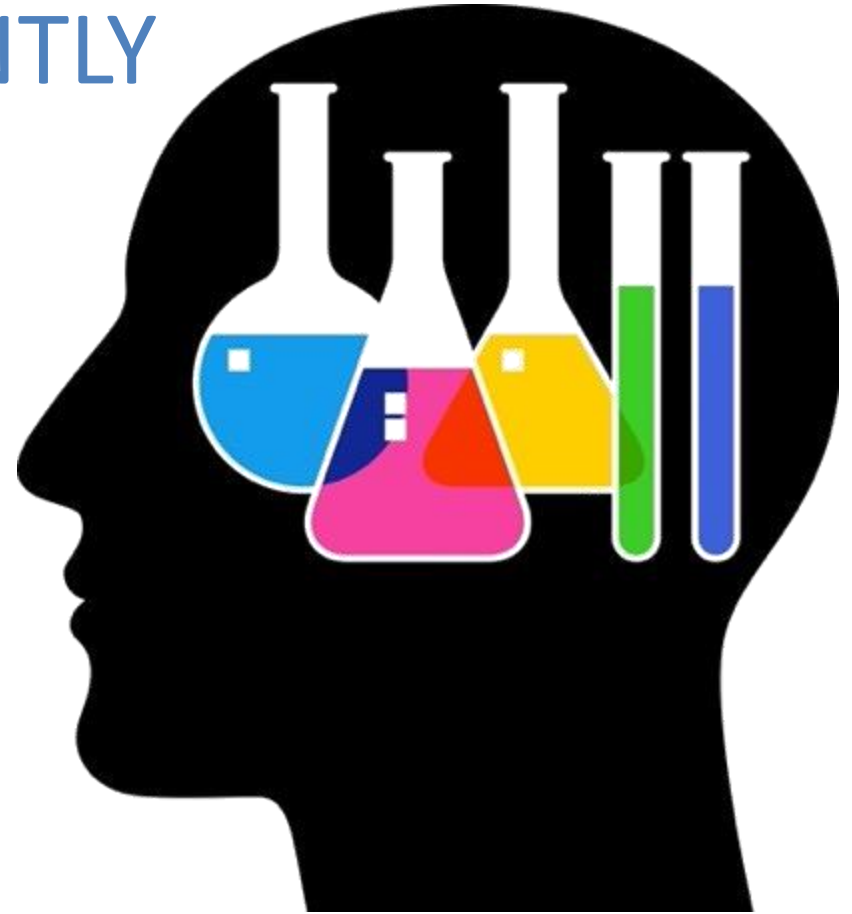
DOSE OF HAPPINESS FOR THINKING DIFFERENTLY

Dopamine

Oxytocin

Serotonin

Endorphins





FLIP- it THINKING

FLIP



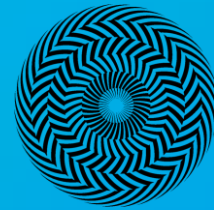
FOCUS



LANGUAGE



IMAGINATION



PATTERN
BREAKING



CURIOSITY PLAY & WONDER



Humour triggers & learned optimism

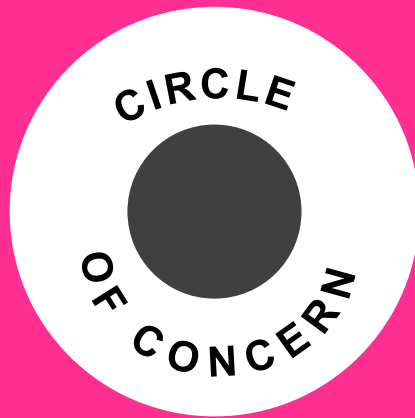
What makes you laugh?

What are you grateful for?

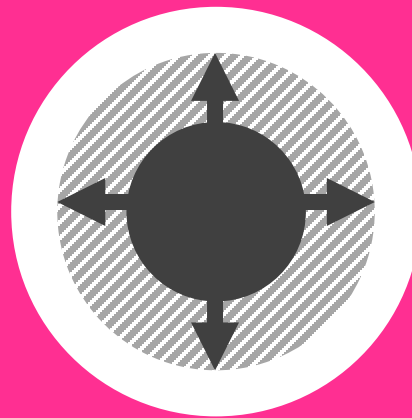
What have you enjoyed?



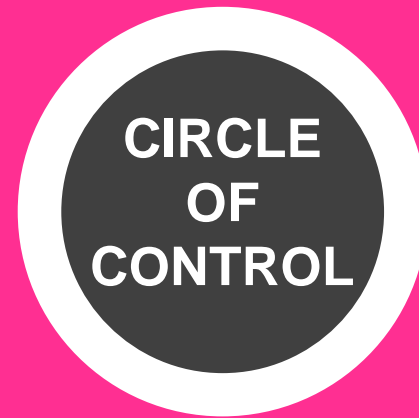
SHIFTING FOCUS



REACTIVE
FOCUS



CHANGING
YOUR FOCUS



PROACTIVE
FOCUS

F*CK it
BUCKET





FLIP- it THINKING

FLIP



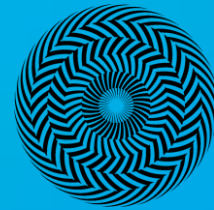
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WONKY LANGUAGE

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?





CURIOUS QUESTIONS & CHALLENGE

UNHELPFUL LANGUAGE

Examples:

- It won't work.
- We've tried this before
- It's not my role.

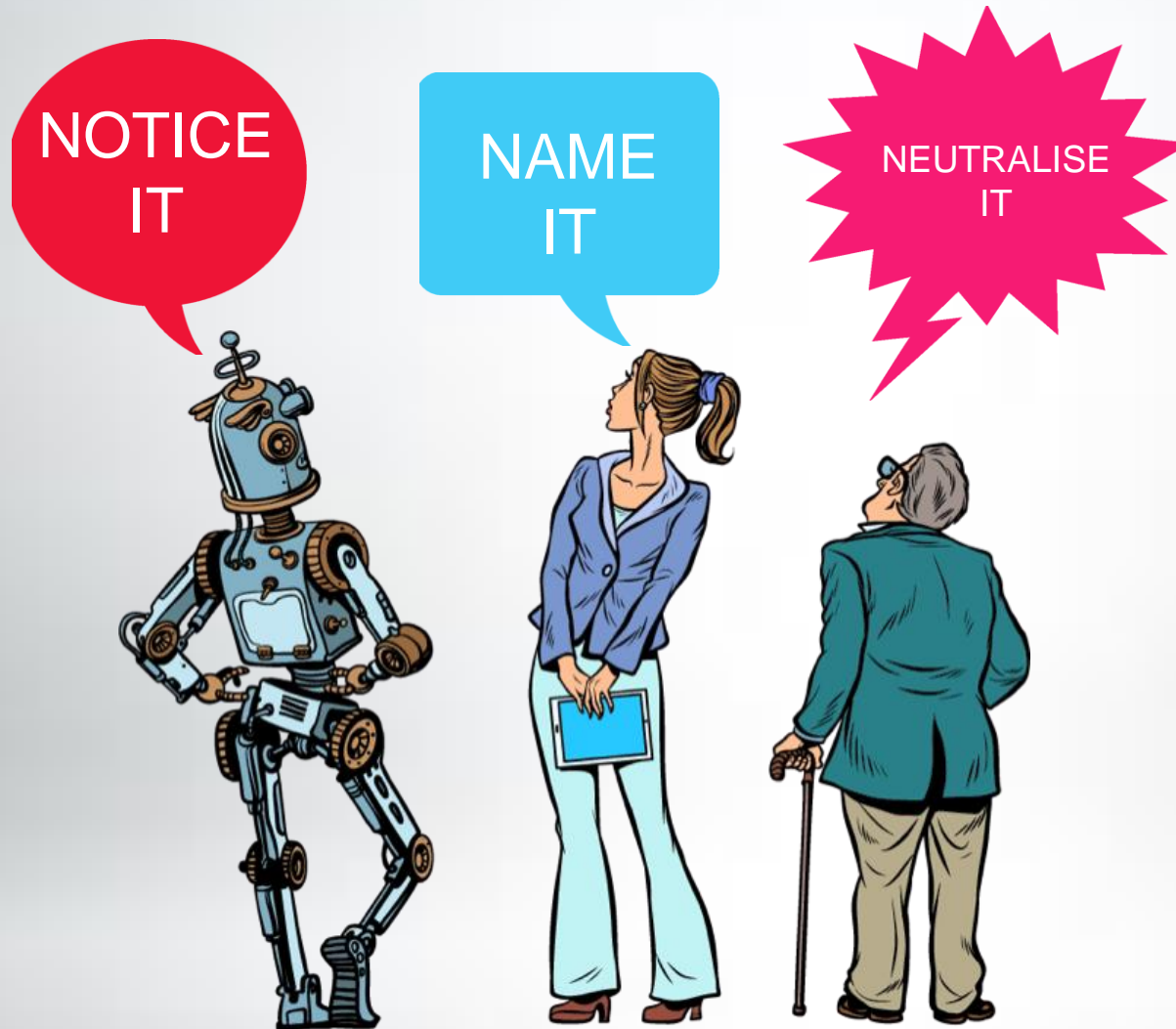
CURIOUS QUESTIONS

Examples:

- What could we do differently?
- What can we learn?
- How could this help me in my role?



Challenge and Reframe Your Anxious Thoughts



WONKY. THINKING.

DISQUALIFYING
THE POSITIVE



MENTAL FILTER



Should.
Must.

LABELLING



EMOTIONAL
REASONING



PERSONALISATION

This is
my fault

OVER
GENERALISATION

Everything
is rubbish.

ALL OR
NOTHING
THINKING



MAGNIFICATION
CATASTROPHISING
& MINIMISATION



JUMPING TO
CONCLUSIONS

$2+2=5$

O₂

O₂



THE POWER OF WORDS

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



FLIP- it THINKING

FLIP



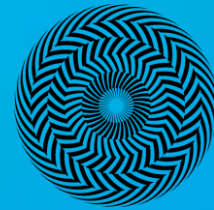
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WHAT'S YOUR MAGIC QUESTION?

What would She-ra do?

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

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



GOOD HUMOUR INGREDIENTS



Facial expressions



Body language



Voice, tone & pitch



Types of words



FLIP- it THINKING

FLIP



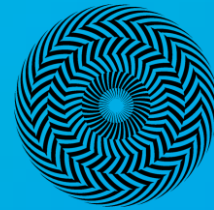
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A

ASSESS

What's happening now and
what needs to happen

B

BRAINSTORM

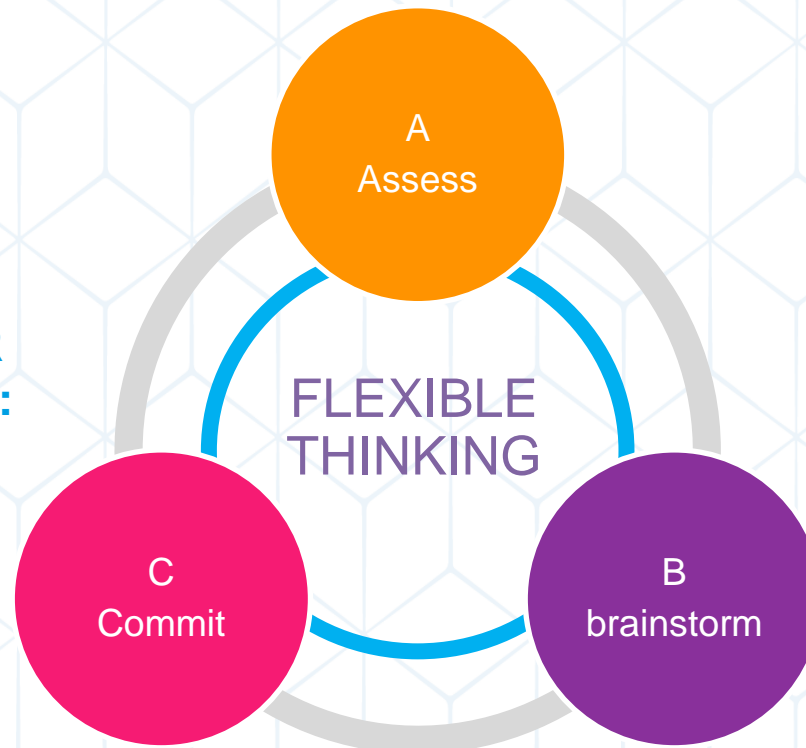
Ideas for
actions

C

COMMIT

what's the next step to
take me forward?

**A HELPFUL
STRUCTURE FOR
GETTING GRITTY:**





FLIP- it THINKING

FLIP



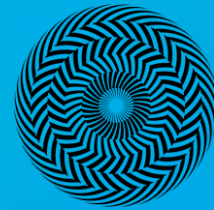
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Find out more about how Laughology programmes can help make you and your organisation happy and productive.

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