

FLIP-IT THINKING



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DOSE OF HAPPINESS

NEUROTRANSMITTERS

Dopamine

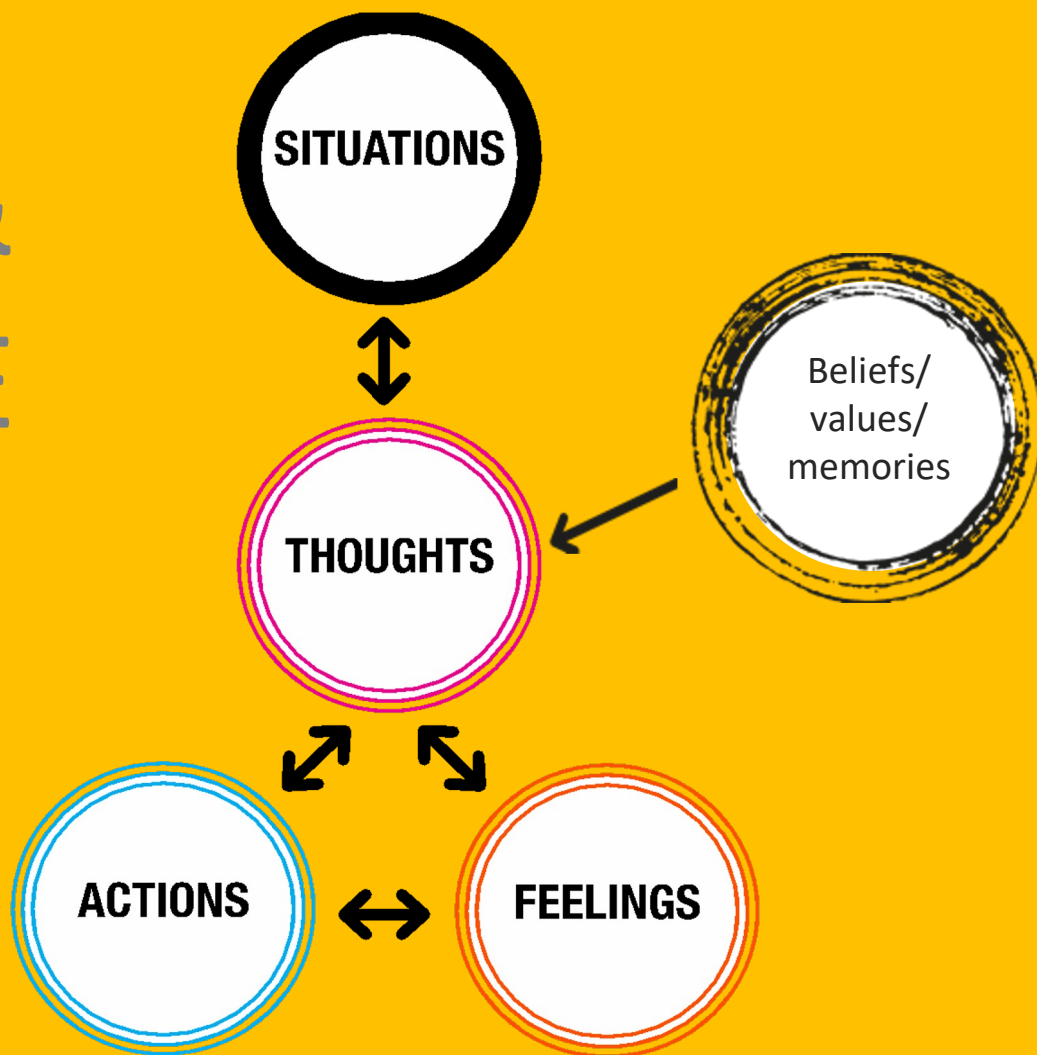
Oxytocin

Serotonin

Endorphins



THOUGHT PROCESS & RESILIENCE





FAST

EMOTIONAL

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



SLOW

RATIONAL

- Considered
- Effortful
- Focused
- Secondary
- Slower



FLIP- it THINKING

FLIP



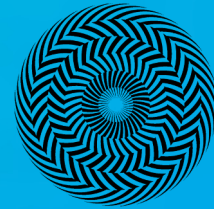
FOCUS



LANGUAGE

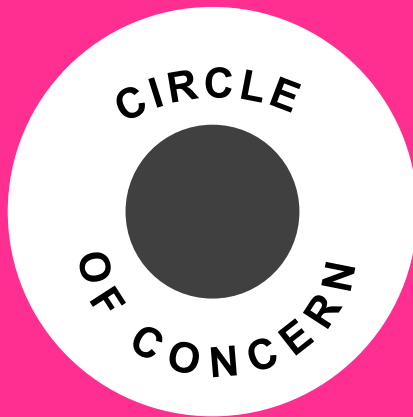


IMAGINATION

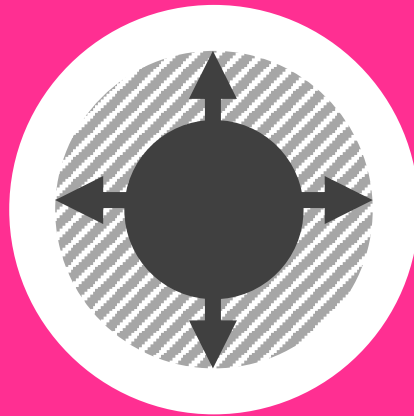


PATTERN
BREAKING

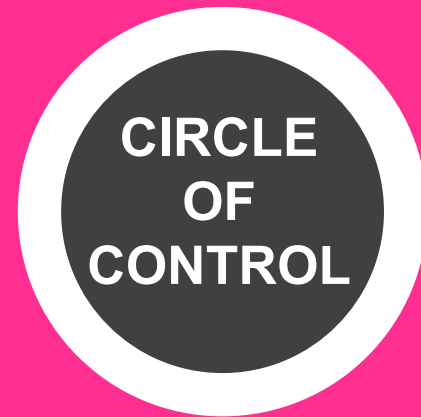
Shifting Focus



REACTIVE
FOCUS



CHANGING
YOUR FOCUS



PROACTIVE
FOCUS

F*CK IT
BUCKET





FLIP- it THINKING

FLIP



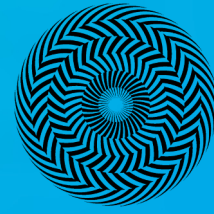
FOCUS



LANGUAGE



IMAGINATION



PATTERN
BREAKING



THE POWER OF WORDS

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



5 Ps AND MOVING FORWARD





FLIP- it THINKING

FLIP



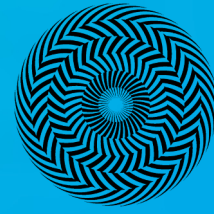
FOCUS



LANGUAGE



IMAGINATION



PATTERN
BREAKING

MAGIC QUESTION?

What would the Avengers do?

If you couldn't fail what would you
do?

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





FLIP- it THINKING

FLIP



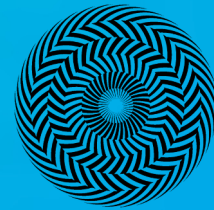
FOCUS



LANGUAGE



IMAGINATION



PATTERN
BREAKING

REALISTIC FUTURE FOCUSED THINKING

A**ASSESS**

What's happening now
and what needs to
happen

B**BRAINSTORM**

Ideas for
actions

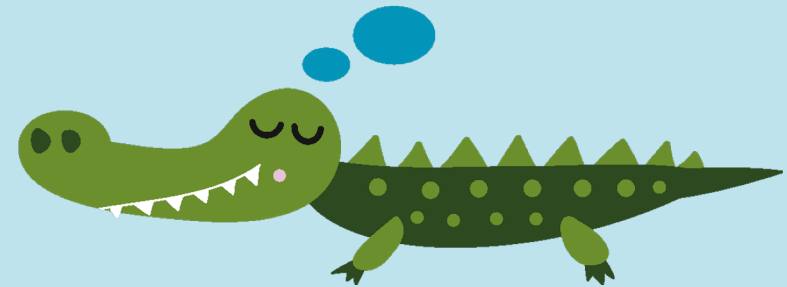
C**COMMIT**

what's the next step
to take me forward?



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
- 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 organisation happy and productive.

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