


**THE
PSYCHOLOGY
OF HUMOUR
AND
LAUGHTER**

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DAVE KEELING
Lead Happiness Consultant



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Laughology learning
and development



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STARTER OR DESSERT

BATH OR SHOWER

THEATRE OR FILM

TOP OR BOTTOM



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DOSE OF HAPPINESS

NEUROTRANSMITTERS

Dopamine

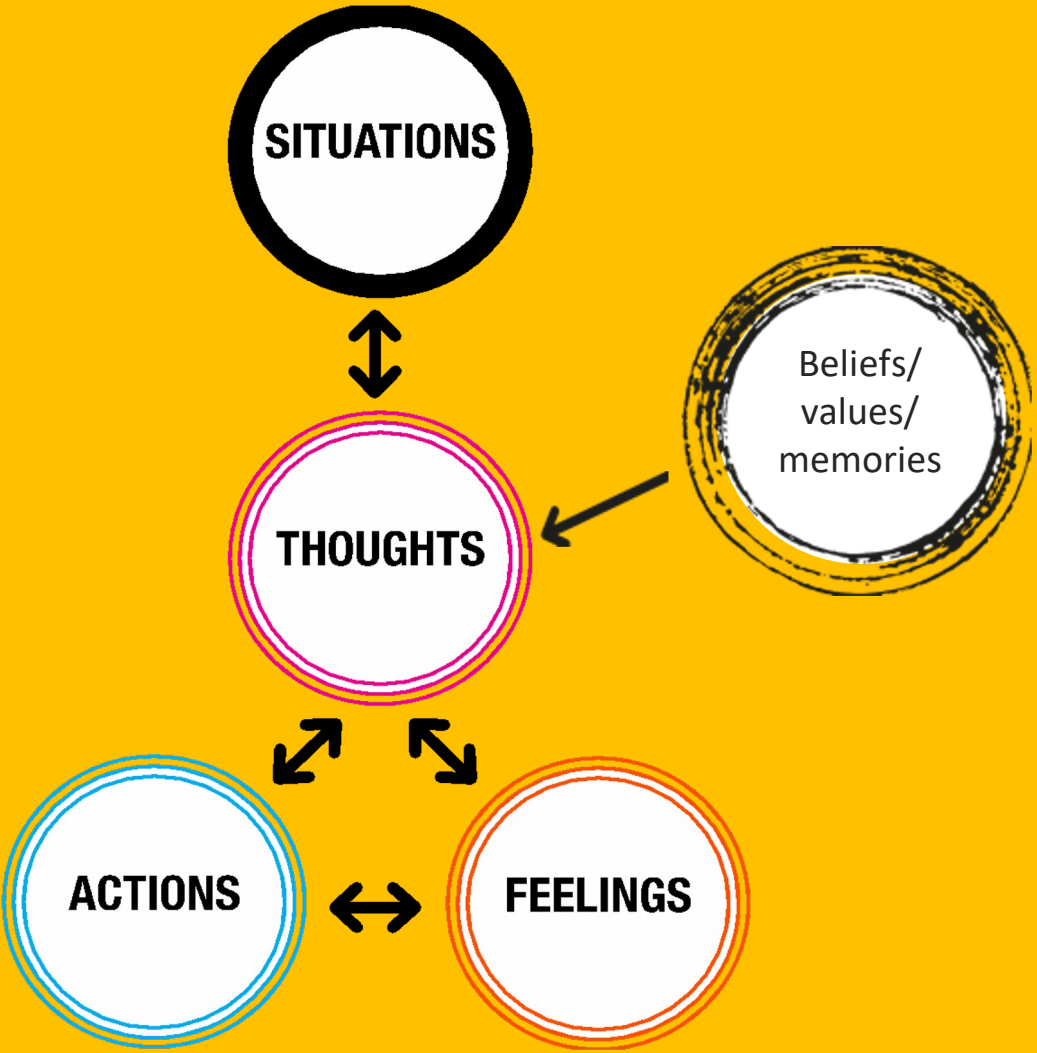
Oxytocin

Serotonin

Endorphins



THOUGHT PROCESS







FAST

EMOTIONAL

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



SLOW

RATIONAL

- Considered
- Effortful
- Focused
- Secondary
- Slower

WHAT IS LAUGHTER?

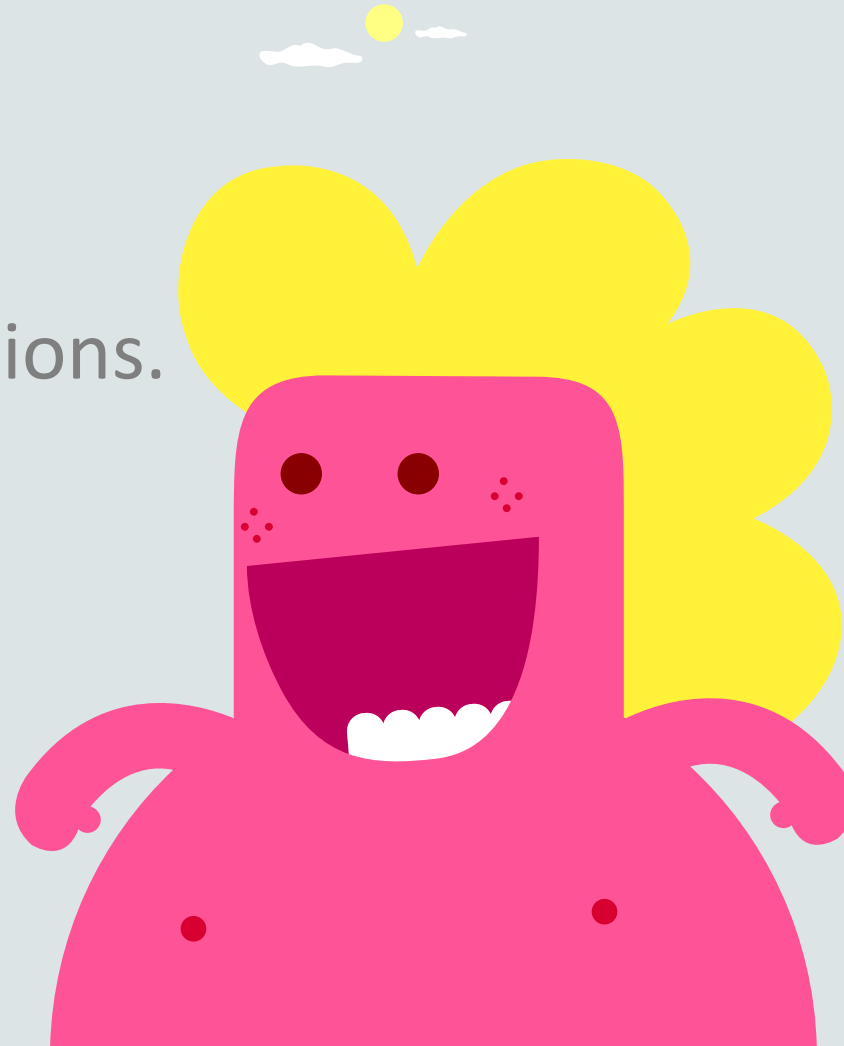
WHAT IS HUMOUR?



LAUGHTER

A communication tool to express how we feel and strengthen social interactions.

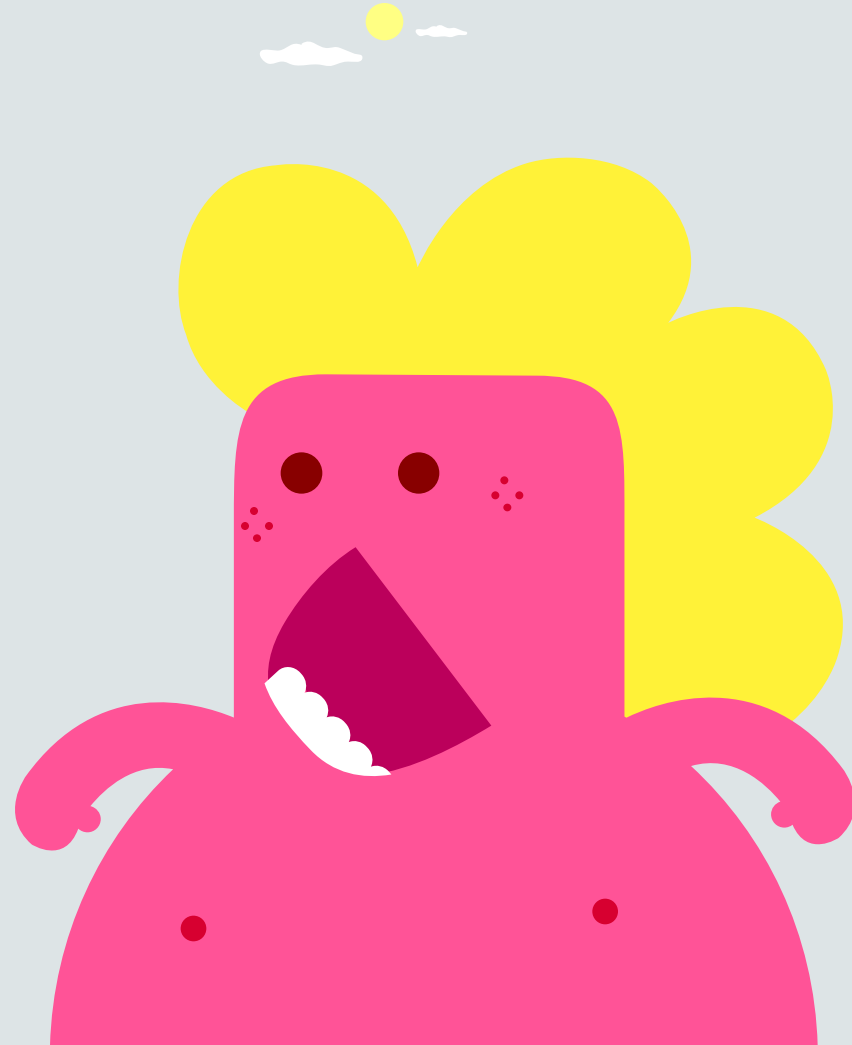
The outward energy of humour.



HUMOUR

An aspect of the human mind, a system for processing information

A way to look at life.





FLIP-IT THINKING

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zenergi⁰

FLIP- it THINKING

FLIP



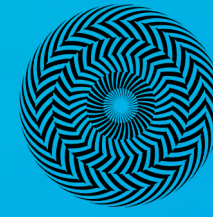
FOCUS



LANGUAGE

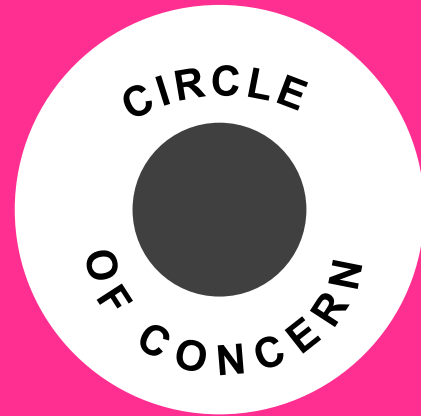


IMAGINATION

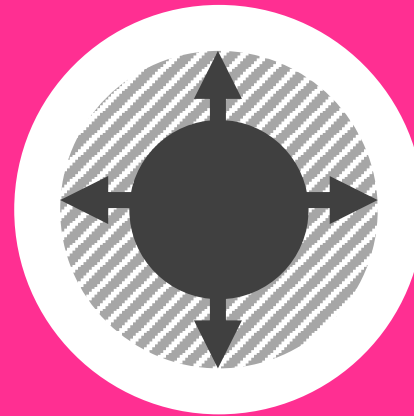


PATTERN
BREAKING

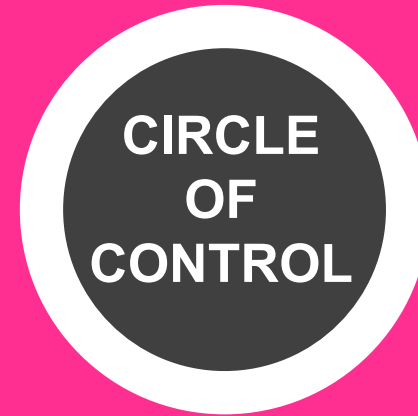
Shifting Focus



REACTIVE
FOCUS



CHANGING
YOUR FOCUS



PROACTIVE
FOCUS

CHUCK IT BUCKET





FLIP- it THINKING

FLIP



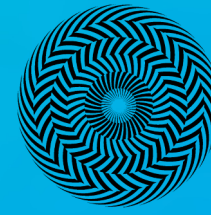
FOCUS



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

FLIP- it THINKING

F.L.I.P



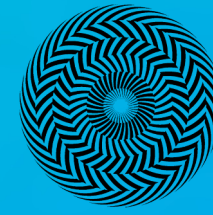
FOCUS



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



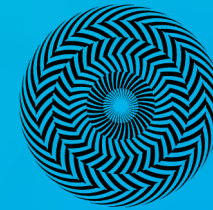
FOCUS



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?





MAKING WORK YOUR HAPPY PLACE

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

www.laughology.co.uk
dave@laughology.co.uk
0844 800 1701
[@laughology](https://twitter.com/laughology)
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