

Self-Initiated Humour Protocols

A New Algorithmic Way To Learn To Laugh

Interested in developing a sense of humour for learning to laugh in almost all contexts? For well-being and enhancing positive emotions without dismissing negative events/emotions?

Want to learn about a novel **laughter training programme**?



You can learn more at our introductory meeting with Professor Abbas Edalat on **Saturday 11th March 17:00–18:00 GMT (09:00 PST)**. The session will be held virtually over zoom.

We look forward to seeing you there!

If you would like to learn more, or are interested in participating in our upcoming study, please scan the QR code above, or visit this [link](#) and enter code:

SIHP23!

You can also contact ahd@ic.ac.uk to learn more!