Reframing Your Perspective
Objectives

- Understanding the concept of cognitive reframing
- Considering ways to reframe thoughts related to the pandemic
- Learning techniques to cope with worry
- Discovering strategies to be more positive and hopeful
What is Reframing?

- Reframing is a psychological technique that consists of identifying and then changing the way situations and emotions are viewed.

- It is a process by which thoughts are challenged and then changed.

- Reframing helps to manage negative thoughts and worries.

- It can also help us feel more able to deal with stress and anxiety.
Question

ARE NEGATIVE THOUGHTS NORMAL?
The problem arises when we believe our thoughts are true.

Negative Thoughts are Normal...

80 percent of thoughts are negative.
What is Worry?

• Worry occurs when we find ourselves dwelling on negative thoughts or things that could go wrong.

• It is all about our cognitive response.

• It has an important function and can help us to problem solve.

• It becomes an issue when we get stuck in a worry rut, where it can lead to stress and anxiety.
Your Worries

• Think about the things that you have worried about lately?

• Did it help you to take action?

• Did you find yourself ruminating or obsessing over the same worries, without it leading to change?
Reframing Worries

- Set a limit
- Create an action
- Document your worries
Dealing With Negative Thoughts

Automatic negative thoughts, or ANTs, are generated in the face of stress. They influence emotions and distort our perception of reality in a negative way. These thoughts are difficult to recognize because they are fleeting and habitual.
Common ANT's Related to the Pandemic

- My family is going to get sick and die.
- I am going to lose my job and my home.
- Things will never get better.
- The children will never recover from the trauma.
- I can't exercise because the gyms are shut.
- The economy will never recover.
- I should be able to cope better than this.
- My children's future is ruined due to their disrupted education.
Tackling ANTs

1) Become aware of your ANT	s
2) Challenge the ANT
3) Make it a PET

Example:
ANT: My children's future is ruined due to their disrupted education.
PET: My children have adapted well to the changes and learning virtually. I will take this opportunity to help them develop additional life skills that will help them in the future.
Reframing Techniques

- Label the thoughts
- Thank your mind
- Let the thoughts float away
- Say the thoughts in a funny voice
- Move forward anyway
Preventing Negative Thoughts

- Meditate
- Do yoga
- Smile
- Sing
- Surround yourself with positive people
- Don't take on a "victim" mentality
- Consider five things that you are grateful for
"Staying positive doesn't have to mean you have to be happy all the time. It means that even on the hard days you know that there are better ones coming."

~Anonymous
Looking Within

Life sometimes challenges a person to look at things differently, requiring them to learn what is within their control and what isn't.
Being More Resourceful

- Identify the problem
- Brainstorm as many solutions and options available
- Get input and advice
- Choose and implement your option of choice
- If it works—keep at it
- If not, try another option

There is more than one right answer
- Reflect
Shifting Your Mindset

• Once we accept our circumstance for what they are, we can shift our entire perspective.

• It is possible to redirect the focus and reframe the situation to consider what can done, rather than what can't.

• This helps to develop a plan and strategy for tackling the situation, focusing on internal change.
Examples: What Can I Control?

• I can focus on everything I have and appreciate.

• I can apply an appreciation for all that this year has taught me.

• I can take the steps to manage my own health.

• I can practice techniques to help me manage stress.

• I can focus on helping others.
Your Daily Positivity Push-Ups

• There are things that you can do every day to increase your mental strength.

• It can start with just ten minutes a day and be things that you can do anytime, anywhere.
"A man is but the product of his thoughts. What he thinks, he becomes."

~Ghandhi
THANK YOU