

Reframing to Reduce Stress



Reframing is a concept of looking at something from a different perspective and can help during stressful moments. Try these steps the next time you start to feel yourself spiraling into a potentially unhelpful, unproductive loop.

- **Identify your thinking patterns.** Are you prone to overgeneralize (these things always happen to me), distortion (I've probably done something wrong), or overlooking the positives?
- **Reject negative thinking.** Catch yourself when you start to go to a place of pessimistic thinking.
- **Challenge yourself to view the situation differently.** Instead of thinking these things always happen to me, try to ask yourself what benefits you could gain from the situation. Consider the potential learning opportunity the event is presenting.
- **Avoid labeling events as your fault.** Instead of thinking you've done something to deserve a difficult situation, acknowledge that there are extenuating circumstances that contribute to events.
- **Focus on your strengths.** Instead of telling yourself there's no way you can manage this, try shifting your perspective to acknowledge the unique skills and qualities that you possess.

Are you having a hard time managing your stress level? Consider contacting your Employee Assistance Program for help today.

Scott, Elizabeth. "How to Reframe Situations So They Create Less Stress". <https://www.verywellmind.com/cognitive-reframing-for-stress-management-3144872>. Retrieved October 29 2020.



Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

TOLL-FREE:

WEBSITE:

CODE: