

Finding New Perspectives

Reframing

Reframing is a way of changing the way you look at something - looking at the feeling, thought, or situation from another angle. In the process, you are also changing your experience of it. It can turn a stressful event into an opportunity to bravely overcome a challenge.

Instead of saying...

"I'm not doing enough"
"I'm stuck at home all the time"
"I can't get through this"
"I can't gather with loved ones"

Say...

"I can find resources to help me"
"I'm thankful for my loved ones"
"I'm improving daily"
"I'm safe at home"

Recall the last time you felt anxious, worried



Activity Duration: 10 Minutes

What was the experience like? Write down how you interpreted it initially.

Take a few minutes to consider.
What might be a different perspective to look at it?

Even if you may not necessarily believe or feel those reframed perspectives to be true, there is value in interrupting the automatic thoughts that come up.



Reframing is not to deny or invalidate the unpleasant emotions that may come with the experience. Rather, through the process of engaging with our discomfort, perhaps we can begin to discover resources we didn't know we had, and find greater joy in new perspectives.