# Positive Reframing Strategies

Do you find yourself initially responding to situations, events, yourself, and others in a negative or pessimistic way?  Always seeing the "bad" in something can lead to increased stress, interfere with relationships and solving problems productively, and can take a toll on your mood in general. The following are some tips on how to change your point of view to see the positive – known as positive reframing. This can help you unlock the opportunity in a situation that at first glance may seem undesirable.

Think about your typical response to events and people. Do you tend to have a quick and automatic negative reaction?  Do you find yourself thinking about the worst-case scenario or catastrophizing? When you first notice this happening, catch yourself and pause. Think about other explanations and potential opportunities that can come out of the situation.

When a change happens that threatens to throw you off course, consciously think about what benefits could come out of the situation. Things may look different, but is that necessarily bad?  Or does it just feel that way initially?  It takes a lot of practice to challenge your thinking patterns. However, you will find the payoff comes in the form of a reduction in stress level, improved relationships with others, and an ability to solve problems in a more clear-headed manner.

If despite your attempts to reframe, you're still having a hard time finding the positive lately, please consider contacting your Employee Assistance Program.

*Morgan, H. (2020, November). The power of positive reframing (C. Gregg-Meeker, Ed.). Raleigh, NC: Workplace Options. Retrieved from*
*https://www.workplaceoptions.com/blog/the-benefits-of-positive-reframing/*

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