

REFRAMING  
YOUR  
THOUGHTS  
ACTIVITY  
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REFRAMING

# your thoughts

We're constantly faced with new and challenging situations. Often, these situations are positive: they motivate, help us grow, foster learning, and open the door to new possibilities.

However, some days and circumstances may feel more challenging than others. During these harder days, we may fall into negative thinking patterns that impact how we perceive our own actions and interactions around us.

Our internal dialogue may sound something like... "I shouldn't have..." or "I never..." or even "What's wrong with me?" We often *overestimate* the negative aspects of our lives, feelings, and abilities to manage challenging situations, while *underestimating* our resilience, inner strength, support networks, and ability to care for ourselves.

Reframing is a powerful way to transform your thinking. It helps you take challenges and look at them as opportunities, possibilities, and discoveries, while finding ways to adapt to life's ups-and-downs.

Reframing is about recognizing a difficult situation and looking at this event, thought, or feeling from another perspective. It's about empowering you to focus on the things that are within your control, which can help reduce stress, improve your mood, validate your feelings, and build your resilience, while finding new opportunities for growth and connection.



## REFRAMING IN ACTION

Use the ideas below to help reframe your thinking when faced with a challenging situation.

### REFLECTION

Take a closer look at your self-defeating or negative thoughts. Use this time to simply reflect and hear the chatter in your mind and feel the impact on your body.

### CHECK THE FACTS

What facts support the negative thoughts you have? Look at the facts and focus on what you do know, versus allowing negative self-talk or perceptions to impact how you view and react to a situation.

### REFRAME IT

Try writing down the negative thoughts you have and then reframe them into positive ones. For example, *I can't do it* can become *I have overcome difficulties before* or *I never should have* can become *next time, I will...*

### CREATE POSITIVE ACTIONS

Identify what you can do versus getting stuck on what you can't change. Do things that make you feel good! Talk to a friend or colleague with a positive outlook, try getting outside for a short walk to clear your thoughts, or partake in other healthy, self-care practices.



Once you replace negative thoughts with positive ones, you'll start having positive results.

– WILLIE NELSON



### Community Connection Tip

The **Canadian Mental Health Association** has a wide range of resources, activities, and tools to support positive mental health. Explore their website for more ideas on how to promote positive thinking and reframing.

#### SOURCES

ALIS. (2020, August 19). [Move Forward with Positive Thoughts. Here to Help BC. How Can I Reframe the Situation and Find More Balanced Perspectives?](#)  
Psychology Today. (2012). [Positive Reframing and Optimistic Thinking.](#)