



AUGUST

Reframing Mindsets

Overcoming Mental Health Obstacles & Achieving Wellness

Life is full of stressors, and it's easy to feel overwhelmed with the state of the world and personal obstacles. Sometimes, we inadvertently develop a negative outlook resulting in a more critical perception of the world around us. Cognitive reframing is a proven method to circumvent these negative outlooks.

WHAT IS COGNITIVE REFRAMING?

When you purposely shift your perspective regarding a person, situation, or relationship, you are experiencing cognitive reframing. This technique is used to alter how an individual thinks and feels. While reframing is a common exercise in professional therapy, it can be utilized independently as well.

This practice is beneficial for those with anxiety, depression, chronic pain, or social anxiety disorder. Cognitive reframing has proven to be a helpful coping mechanism for caregivers and those experiencing grief, loss, and low self-esteem. Ultimately, the goal of changing perspectives is to boost your positivity, build your confidence, and strengthen your resiliency.

FORMING MINDFUL HABITS

Licensed therapists recommend writing down instances of noticeable negativity. Once you write it down, rewrite it—this time attempting to see the situation in a positive way. Start with large sources of frustration as it will be easier to determine the root cause. Then, use that same method, and apply it to more nuanced sources of irritation. Once this practice becomes a habit you will find yourself recognizing negative emotions and automatically shifting perspectives to release that unhelpful energy.

USING REFRAMING TO RELEASE STRESS

When experiencing stress, it is important to know how to shift your thought patterns and regulate your emotions.

1. Determine if your thoughts are helpful. It is not helpful to worry over something that might not occur. Challenge yourself to reframe the situation causing your stress.
2. Recognize perfection is not attainable. Nothing in life, including yourself, will ever be perfect. When you constantly strive for perfection, you are training yourself to believe you are not good enough. It is much healthier to endeavor to do your best and recognize when you achieve that goal.
3. Make peace with past mistakes. Mistakes happen and fixating on them is not conducive for growth. Learn to forgive yourself. Acceptance allows us to move forward as the best version of ourselves.
4. Validate yourself. A common exercise in therapy is to sift through your negative thoughts regarding yourself and ask, "would I say this to one of my friends?" Typically, the answer is no. You should be treating yourself as you would treat a friend. When you support yourself, you are more likely to feel confident in your decision-making and achieve a higher-level of self-esteem.

Change and growth are common outcomes when you actively practice cognitive reframing. Whether you apply this technique alone or with the guidance of a therapist, learning to habitually recognize your emotions and psychological cues can vastly change your life for the better.

As 2022 continues to unfold, Creative Benefits, Inc. will send you valuable information and resources to help you prioritize your mental health and wellbeing.