

# Think positive

## 1. Positive Reframing

*The choice of positivity!*

🕒 Duration: 15 minutes 📅 Frequency: once off 🎮 Difficulty: Easy ★★☆☆ Evidence Quality

### What is it?

- Different individuals can share the same experience but walk away with a different perspective and interpretation.
- Positive reframing is about finding the good in situation that is negative. In other words, learning to see the good in the bad.
- Rather than focusing on the negative consequences, positive reframing teaches you to look for opportunities of growth in the future.

### What can I use it for?

- Positive reframing can help you overcome future challenges that you come across in life, by identifying opportunities of growth in negative events.
- It can also help you deal with improving your relationships, by focusing the motivations of the other person and resisting the urge to fight.
- As you start to train yourself to see the good in the bad, you're another step close to building resilience.

### How to do it?

1. Think about a challenge you're currently facing. This doesn't have to be big and can range from being stressed at work to having arguments with your significant other.
2. Reflect on ways to see this challenge in a more positive light. What can be positive about the event?
3. Try and find something you can change in your own attitude that may be helpful in dealing with the negative event.

### Anything to consider before I start?

- Remember, positive reframing doesn't change the situation but it can reduce its impact and help you see things from a healthier perspective.
- Not all situations can be positively reframed – this is a normal part of life.



WELLBEING

RESILIENCE

HEALTH

MOOD

ANXIETY

STRESS



# 1. Positive Reframing

Write about a challenge you're currently facing below (it doesn't have to be big) or a negative event that has occurred:

Reflect on one or two ways to see this challenge in a more positive light:

## **Example:**

Challenge: You missed out on a job opportunity you were really excited for. This has left you deflated.

Reflect: By going through the interview procedure, you have learned better how to deal with tricky questions for the next interview. A new opportunity will come along.

Are there any things you can do differently to ensure future events like this have less of an impact on you?

## TINY HABIT STATEMENT

When will I practice it?

How will I celebrate?

Tiny Habit statement: