

FACT SHEET #5

MINDSET MASTERY REFRAMING AND RESILIENCE

"Our key to transforming anything lies in our ability to reframe it"

–Marianne Williamson

WHAT IS REFRAMING?

Reframing is a technique used to help create a different way of looking at a situation, person or relationship by changing its meaning. It's essentially a strategy that can be used to look at situations from a slightly different perspective, or 'telling yourself a different story'.

This is an important part of being resilient, because how we think about a situation influences how we feel about it, which then determines our behaviour. That is, through reframing, we can choose how we respond to difficulties.

"But what if the situation I'm in is awful, and I can't change it? I can't just force myself to be positive and ignore all the negatives! That's impossible!"

Remember, it is important to understand that this doesn't mean you don't acknowledge difficulties for what they are and deny any feelings you may have about it. Rather, it is about understanding the brutal facts of our situation, together with knowing we can take control of our response and being sure we will prevail in the end.

WHY IS REFRAMING IMPORTANT, ESPECIALLY IN THE WORKPLACE?

Reframing is important in the workplace as it is a useful tool for promoting creativity, innovation and effective problem solving.

When you use reframing, especially in the workplace, you view problems differently; it forces you to harness your creative and innovative thinking to achieve solutions!

Problems are often your chance to make needed changes; reframing gives you the opportunity to make valuable changes in the workplace by transforming problems into positive change or growth.

Examples of reframing...

- Changing a problem to an opportunity
- Changing a weakness to a strength
- Making an impossibility a distant possibility
- Making a distant possibility into a near possibility
- Changing a negative view of yourself to a more positive view
- Changing a negative view of the world to a more positive view
- Changing a negative view of the past and future to a positive view

“But what can reframing actually change? What are some examples? Surely reframing does more than just “give opportunities” and “promote creativity, innovation and problem solving”! What are the results?”

BUT WHAT ARE THE ACTUAL EFFECTS OF REFRAMING?

Some changes you may notice after using reframing as a frequent tool can be:

- Increase in resilience
- Noticing and learning more about your thinking patterns
- Being more mindful of your thoughts and emotions
- Increased ability in challenging negative thoughts
- Increased ability in shifting negative thoughts to positive thoughts
- Change in your self-talk
- Increase in understanding how events influence your thoughts, emotions and behaviours
- Decrease in emotional reactivity
- Increase in problem-solving skills
- Improvement in managing distressing emotions
- Increase in frequency of positive and realistic thinking
- Decrease in negative thinking

I STILL DON'T UNDERSTAND, I NEED A LESS ABSTRACT EXAMPLE!

*There are multiple ways to shift perspectives (through reframing), especially around areas we might feel “stuck” in. To learn more and start practising “reframing”, refer to our **Mindset Mastery - Tip Sheet #1 “PRACTICING REFRAMING”***

If you or someone you know needs help contact **TIACS** on 0488 846 988 or your organisation’s Employee Assistance Program (EAP), your GP or call: **LifeLine** on 13 11 14, **Kids Helpline** on 1800 551 800, **MensLine Australia** on 1300 789 978 or the **Suicide Call Back Service** on 1300 659 467.