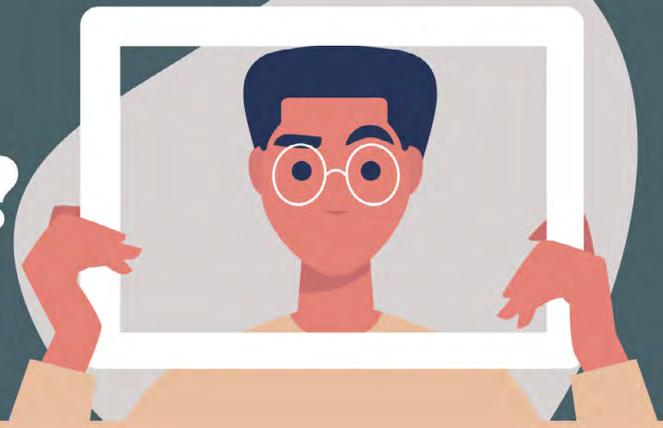


# ARE YOU STUCK?

## TRY **REFRAMING**



The way you interpret a situation is called framing. Reframing is not just about turning negative thinking into positive. It also means becoming more accurate and productive in your thinking. The Consortium for Health and Military Performance offers some strategies:

### TUNE IN

Listen to how you talk to yourself. A good time to tune in is when your thoughts are generating feelings or behaviors you know aren't productive in that moment.

### TAKE A TACTICAL PAUSE

Try to block out your emotional responses. Examine the situation more objectively. How would someone who is not involved view it?

### REFLECT AND RE-ENGAGE

If you can only see the negatives in a situation, try to generate some alternative thoughts. Here are some reframes you can try:

- **Hunt for opportunities in the face of challenges.** Ask yourself, what are some of the good things that come from this? For example, a relationship ending is painful, but you might meet a better partner or reconnect with old friends.
- **Refocus obligations into privileges.** If you reflect on the obligations in your life, you can probably see most of them are things you can be grateful for too. Try shifting from "I have to" to "I get to." Try changing "I have to sit in meetings all day" to "I get to exchange ideas with colleagues," or "I have to clean the gutters" to "I am lucky to have a home to take care of."
- **Grab control amid the chaos.** In volatile and uncertain circumstances, focusing on things you can control can help bring your heart rate back to normal. Focus on one productive action instead of repeatedly thinking about all the unknowns. What's one small thing you have control or influence over?
- **Consider how elements of a situation are linked in different ways.** For example, while a partner is deployed, you might feel lonely, but you can be empowered by learning new skills, becoming more self-sufficient, and making new friends.
- **See the situation from the other person's point of view.** Instead of thinking my friend never has time for me and doesn't care about me, consider my friend is busy working two jobs to pay off some bills, so I'll have to be patient.

### DO AN AFTER-ACTION REVIEW

If you tried to reframe your thinking, what changes did you notice? Did the process help you feel different emotions, calm you down physically, or lead to more productive behaviors? Did it help you feel less stuck? There are many benefits to thinking more optimistically. Try reframing to help you better handle stress, improve your quality of life, and build motivation. It helps you see different perspectives and identify opportunities. It can become a habit that leads to healthier coping.

To learn more about reframing or other coping skills, please visit your local **Community Counseling Program (CCP)** for support.