# Reframing Statements

The words we use matter and our language can impact our mental health. Reframing our thoughts can be a powerful way to improve our mental health. Focusing on positive words and reframing can improve our mood. Reframing what we say to ourselves doesn’t mean our lives aren’t difficult right now. It allows us to own our feelings, see things from a different perspective and learn how to navigate challenges.

Instructions:

Review the reframing statements below. Think about some challenges you are facing right now or negative thoughts you are telling yourself. Write your thoughts down in the left-hand column. How can you shift these thoughts and reframe what you tell yourself? Write down your new perspective in the right-hand column.

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| Your Thought | Your Thought Reframed |
| I’m stuck at home. | Staying at home is hard. It also means that I am safe at home and working to keep myself and others healthy. |
| This is too much to bear. | Things are challenging, but I am strong, and I have overcome a lot. I can handle this. |
| Everyone else seems to be so productive with all of their spring cleaning and home improvements during this time. | This is not a productivity contest. I’m going to focus on things that are the best for me and make me feel good. Being productive at home may not be one of them right now and that’s ok. |
| The rest of this term is going to be impossible. My goal is to not fail. | This rest of this term may be challenging, and my goal is to do my best. |
| I am failing at this homeschooling thing right now. | I am juggling a lot and it’s hard. My children and I aren’t just experiencing homeschooling, we are experiencing homeschooling during a crisis and it’s a lot. My best may look a little different right now and that’s ok. I’m going to take this one day at a time. |
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