

KEEP THINGS IN PERSPECTIVE



CULTIVATING PREVENTION: RESILIENCE CAMPAIGN 2020-2021



Support a resilient outlook during difficult times by maintaining a balanced perspective.



INCREASE AWARENESS OF UNBALANCED THINKING

- Pinpoint a thought that is troubling you. Write it out.

CHALLENGE YOUR PERSPECTIVE

- List the facts, or evidence, supporting and negating your thought.
- Is your thought 100% supported by facts?

REFRAME YOUR THINKING

- Foster a more accurate and helpful perspective by generating a new thought that accounts for all the facts and is not solely guided by feelings.

SHIFT YOUR MINDSET

- Identify how many of your thoughts are aimed toward what is wrong in your life.
- Generate a new outlook by listing out all of the things that have gone right recently.
- Set aside a few minutes to reflect on how you can grow during this time.



FOCUS ON WHAT MATTERS

- Identify 3-5 things that you value most in life.
- List out your typical daily activities.
- Compare how your activities align (or don't) with what you value.
- List out 2-3 things you can do this week that support your values.

Adapted from American Psychological Association (APA). 2012 Building your resilience.