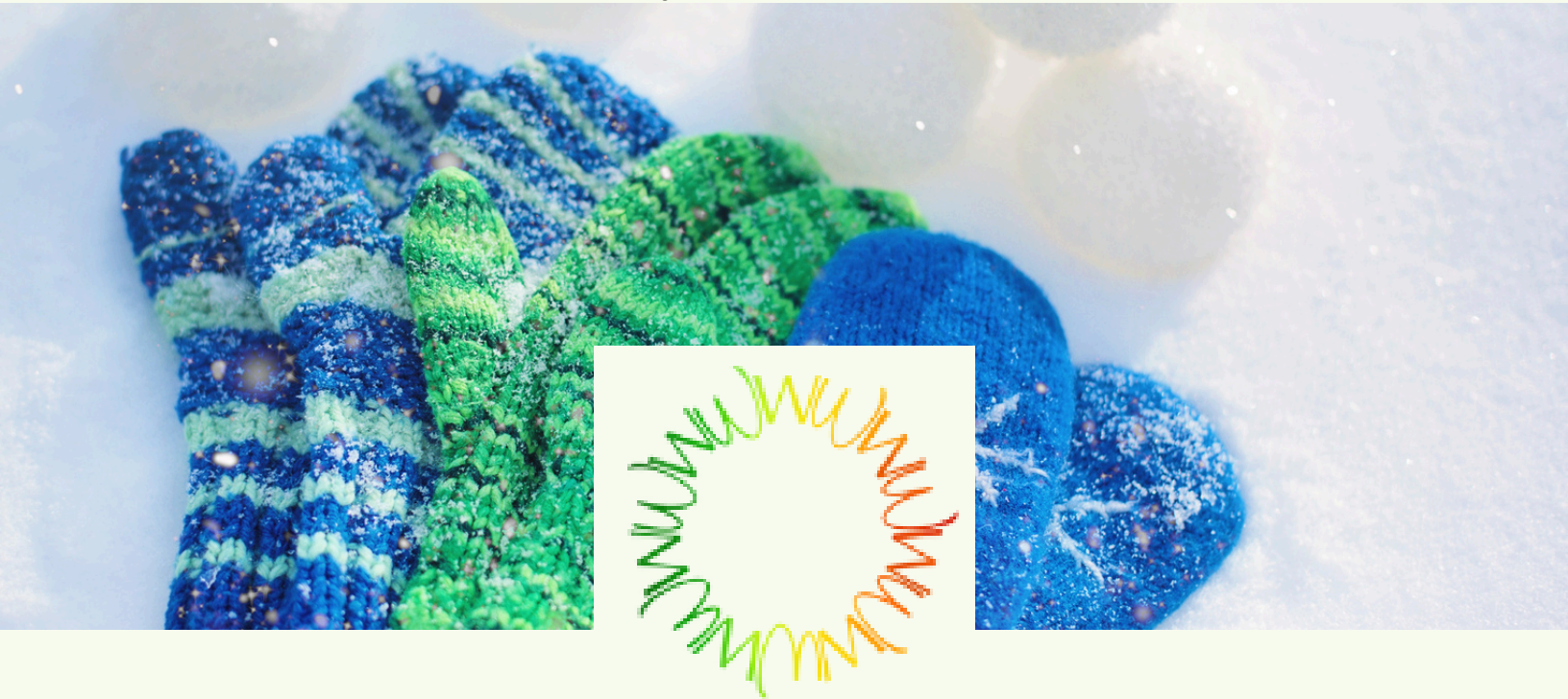


# Weekly Wisdom

*Grow the Green for You and Your Team*



*“We don’t make mistakes. We just have happy accidents.”*

*-- Bob Ross*

## Another Way to Look At It

Are you dismayed that you are a procrastinator? Would you feel better knowing that you are simply “deadline oriented”? What if your kitchen junk drawer were “a Cabinet of Curiosities”?

These examples get at the heart of reframing, or cognitive reappraisal. We can use this technique to “intentionally explore new ways of seeing, allowing us to experience the best of what is.”

Reframing opens up possibilities that may have been hidden. It allows us to practice curiosity, creativity, and openness.

A recent study used reframing with college students from low-income backgrounds who are often portrayed as “deficient.” The study helped students see their backgrounds as a source of strength and success, resulting in almost immediate improvement in their grades.

We can reframe anything. Bitter cold weather? An excuse to stay home or to wear a jaunty hat. A busy unit? You are providing amazing care to many people in need.