

# Weekly Wisdom

*Grow the Green for You and Your Team*



*“When you change the way you look at things, the things you look at change.” -- Wayne Dyer*

## Reframing: A Strategy for Coping with Stress

This issue cites a new brain study from MIT. For the record, we have been saying what the study found *for years!*

The finding? How you *think* about something determines how you *feel* about it. Always. If I think that a rainy day is the universe’s way of punishing me, I will feel bad. And I’ll most likely spread those bad feelings to others.

But if I think that a rainy day is a beautiful opportunity to hunker down at home or a blessing to all the trees and plants, I’ll feel good, or at least at peace.

The trick, therefore, is finding new ways to see things that you might find challenging. One way to do this is by using a technique called “reframing,” or cognitive reappraisal.

In the MIT study, a cohort of adults was shown images of people who had suffered injuries. The group that was told to reframe these images by imagining themselves as first responders, as social do-gooders, had diminished negative emotions.

Their findings have implications for first responders & health workers.