

Reframing Perspectives

Focusing on the positive during the circuit breaker

All over the world, families are told to stay home to play their part in the fight against COVID-19.

While we cannot control the situation, we can control our emotional responses to challenges during this circuit breaker period.

Senior Psychologists **Elizabeth Sarah Ragen**, **Cheryl Ong** and **Fitriani Kwik** at the Child Development Unit, National University Hospital introduce some ways to reframe our perspectives.



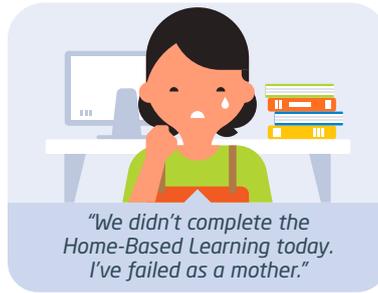
Cognitive reframing changes the way we think about a situation by looking at it through a different lens.

Often, we are not aware of our thoughts, which affect how we feel and respond to situations.

Some of us may have negative thinking patterns formed through past experiences and our personalities, which we automatically use to perceive situations.

Do you have a negative thinking pattern?

- 1 Black and White Thinking**
All or nothing mindset



- 2 Mental Filter**
Like a torchlight, illuminating only the negative aspects



- 3 Jumping to Conclusions**
Negative assumptions of people and situations



- 4 Magnification**
Making mountains out of molehills



- 5 Putting Unreasonable Demands on Self**
Using should/must statements



- 6 Personalisation/Blame**
Feeling responsible for situations beyond one's control

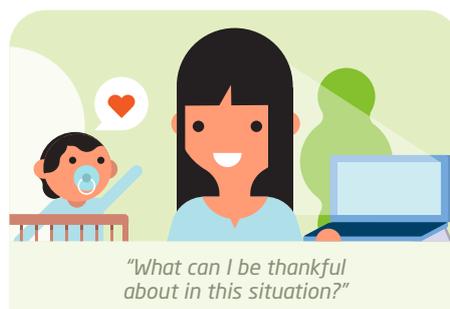


Changing our view through different lenses can help us with negative thoughts

- 1 Long Lens**
Looking at the situation with hindsight



- 2 Wide Lens**
Zooming out and trying to identify learning points or insights



- 3 Alternative Lens**
Adopting an alternative perspective



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