

THE ART OF REFRAMING

DO YOU HAVE A PROBLEM
IN YOUR LIFE?

YES

NO

**THEN DON'T
WORRY**

NO

YES

CAN YOU DO SOMETHING
ABOUT IT?

“The opposite of stress is resilience. Resilience is the ability to have a Plan B, a Plan C, a Plan D etc., in order to face the situation that stresses you out.”

DR. SONIA LUPIEN

Perspective is everything. We're grateful to have picked up the art of reframing – the ability to see the opportunity or to seek out the positive in a situation. The technique has the power to transform most annoyances. See for yourself →

Stuck on a slow-moving subway? A chance to catch up on your favorite podcast! A trip to the dentist to fill a cavity? The sooner it's done, the sooner it's off your to-do list. A slow-moving lineup? An opportunity to practice patience.

CAN YOU THINK OF ANYTHING IN YOUR OWN LIFE
THAT WOULD BENEFIT FROM A REFRAME?

STRESSOR

REFRAME
