

# OPTIMAL



A newsletter for wellness and improved wellbeing

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Sages & Scribes  
CONSULTANTS



## POSITIVE REFRAMING

By Ven. Adelowo Adesina

Simply described, positive reframing involves thinking about a negative or challenging situation in a positive way. It is about turning things on its head to see the ‘sunny side of life’ to see people, situation, or events from what can be gained or lessons that can be learnt from adversity.

It can also be explained, “as a technique that helps one to see the other side of an event, another person’s behavior, a problem, or a challenge in a positive light”.

It is human nature to think the worst of situations and see negativity in all that is happening all around. Positive reframing is an attitudinal change, and a mindset shift that think things are never as bad as they seem. There are opportunities even in unfortunate events and situations. You can find a silver lining in every situation if you know how and where to look. There is always something to be grateful for.



### About OPTIMAL

Optimal is a monthly wellness newsletter written, developed and circulated by **Sages & Scribes Consultants** aimed at informing, educating and improving on the general wellbeing of readers by focusing on the essentials for improved mental health, and how to live a vibrant yet practical life in the present reality.

In this edition, we look at **Positive Reframing** – a time-honored method used in Cognitive Behavior Therapy (CBT) to overcome stress, anxiety, and depression. It is a method of looking at things in ways that can create less stress and promote a greater sense of peace, calm, and control.

Improve your wellness, optimize your wellbeing and enhance your lifestyle with **OPTIMAL**.



“The real voyage of discovery consist not in seeking new landscapes, but in having new eyes.”

Marcel Proust

**OUR KEY TO  
TRANSFORMING ANYTHING  
LIES IN OUR ABILITY TO  
REFRAME IT**

MARIANNE WILLIAMSON  
PICTUREQUOTES.COM

“It is not the load that breaks you down, it is the way you carry it.”

Lena Horne



## What is Positive Reframing?

Positive reframing is a way of looking at things positively and thus changing one's experience and expectations. “You can't change the situation, but you can change how you see it”.

Events are neutral and situations on their own are also neutral. Thoughts are not facts and feelings are not facts. Human beings reflect and use things that has happened in the past to determine how we view things now and in the future.



We use our perception and life experiences to interpret and label events, situations, and people in either positive or negative lights. These labels affect the way we think, feel and how minds operate.

## Reframing Negative Thoughts...

Negative thinking includes thoughts characterized by negative perceptions, expectations, possible outcomes, and consequences. Negative thinking can hinder one's ability to function effectively in everyday life when it becomes habitual. Taking steps to reframe your thoughts is vital to your health and happiness.

Reframing negative thoughts involves positive thinking. This has immense wellness benefits. According to Mayo Clinic, positive thinking can:

- ♥ Reduce anxiety and stress.
- ♥ Lower the risk of depression.
- ♥ Increase your lifespan.
- ♥ Increase your cardiovascular health.
- ♥ Provide life coping skills like resilience and adversity management.
- ♥ Attract new opportunities.
- ♥ Strengthen relationships.
- ♥ Change our attitude for the better.
- ♥ Change the way we see and view the world.
- ♥ Teach us to respond and not react to people, situation, and events.
- ♥ Promote gratitude and appreciation.

## Cognitive Reframing

**“It isn’t what happened to you, but how you react that matters.”**

Epictetus

The technical name for positive reframing is Cognitive Reframing. Cognitive distortions are unpleasant thoughts that are extreme, exaggerated, and not consistent with realities. CTB is a form of therapy that teaches how to reform thoughts in more realistic and pragmatic perspectives. It is a technique that can be used to transform the way we see things, shift our perspective,

alter our feelings, thoughts, and behavior, to be more realistic and lead a more positive, less stressful, healthy, and happier life.



## STEPS IN POSITIVE REFRAMING

### 1. Learn About Thinking Patterns

The first step to reframing is to learn about negative thinking patterns that may increase your anxiety and stress level. For example, pessimists view their experiences in more negative ways. They therefore tend to suffer more stress and adversity. Optimists tend to

take more positive views in life. They see the cup always half full and never half empty. Being optimistic, they tend to be more determined and thus more successful.

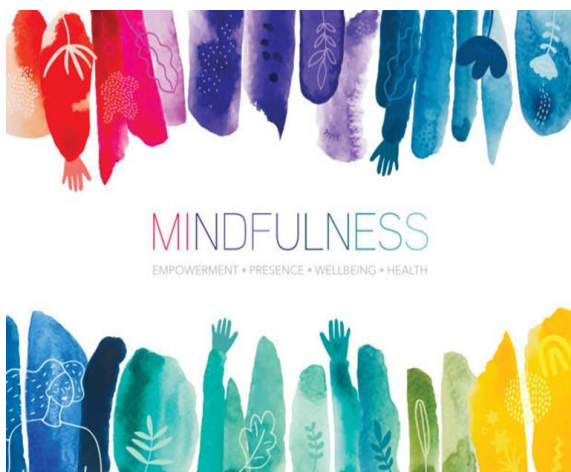
Educating yourself about thinking patterns and how they affect and influence people, sets the foundation for positive reframing.



### 2. Watch Your Thoughts

The next step to effective positive reframing is to monitor your thoughts. When you notice that your thought lines are dipping into negative, take control of your thoughts and think things bright and beautiful. “As a man thinks, so he will

become”. The concept of self-fulfilling prophecy says if you think things will work out right and turn out fine, they surely will. On the other hand, if you court disaster and think things will work out wrong and fail, things certainly will turn out wrong and you are sure to fail.



### 3. Challenge Your Thoughts

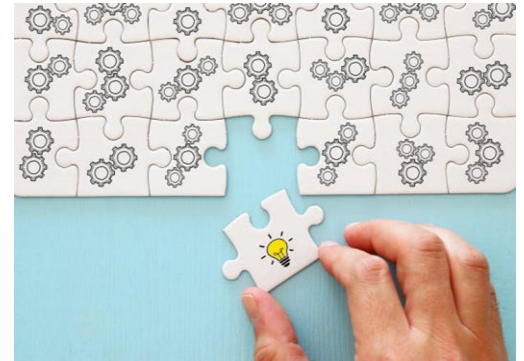


**REFRAMING:  
THE PSYCHOLOGY  
HACK FOR  
POSITIVE THINKING**

Be reminded once again,  
“Thoughts are not facts, feelings  
are not facts, events are neutral”.

Once you notice your thoughts  
are sliding into the grey negative  
zones, examine the truth and  
accuracy of your thoughts.  
Challenge every negative

thought with objective realities  
and facts.



### 4. Replace Your Negative Thoughts With More Positive Thoughts



There is a silver lining in  
every situation. There are  
lessons to be learnt and  
benefits to be derived  
from every situation.  
Look for the gifts in every  
situation. Changing the

way you look at life can  
truly change your life for  
the better. Reframe your  
thinking, boost your  
wellbeing, health, wealth,  
and happiness.

“If you don’t like  
something, change it. If  
you can’t change it,  
change the way you  
think about it.”

Mary Engelbreit

*reflect*  
& REFRESH

Sages & Scribes  
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**Sages & Scribes Consultants** is a multi-disciplinary consulting firm with a mission to offer bespoke world-class consulting services to give clients an advantage by building their people and technology enabling them stand over and above competition.

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