

# Reframe your Mind (set)



2020 hasn't been what any of us expected, so the change of seasons may be just what we all need! Just as you would replace a photograph in an old frame, human beings have the ability to take any situation and choose to see it in a different context.

## **Sounds simple enough, right?**

We know better than anyone that our feelings and circumstances can be challenging, and it can be difficult to see another side when you're in the thick of it.

*"How can I make this obstacle the greatest thing to ever happen to me?"*

There's freedom in asking the tough questions! When we ask ourselves this, it gives us the freedom to look on the positive side and see what we need. **It takes us from a position of a victim of our circumstance, to a proactive fighter for our own peace and happiness.**

**How can you make this concept work for you?**

## **Ask yourself.**

*"How can I make this obstacle the best thing that has ever happened to me?"*

Everyone is different, and everyone moves forward in their own way. There are some people who have extra time on their hands for the first time in 20 years. If you want to spend that time on the couch, that's okay! You have permission to take this time and discover what will make this season most profitable for you.

## **Make a plan.**

If you've decided that becoming closer to your family is the thing that would make coronavirus the best thing to ever happen to you; then create a plan around that goal. Go all in, be intentional. Try scheduling weekly facetime dinners, or make your sister her favorite cake and deliver it to her door!

## **Be accountable.**

Whatever your goal is, and whatever your plan - loop a trusted friend into it! Ask them to step in if they see you straying off course. Ask them to be a participant, so you can get feedback once you start implementing activities. Who knows, you may even inspire them to take a fresh look at their circumstances too! The simple truth is that life is more fun when we do it together.

If you or a loved one is going through a difficult time, you're not alone. We're here to help. Take a look at our [COVID resource page](#) for more articles and additional pandemic information, and know that we're always available to be a listening ear.

EAP counseling is confidential and FREE! Call the **COVID Counseling helpline 800-801-4182**, or **402-354-8000** or email [eap@bestcareeap.org](mailto:eap@bestcareeap.org) to schedule an appointment.