

# Changing Your Perspective on Stress



“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.

Stuck at home? A chance to catch up on your favourite podcast! Need to clean the bathroom? The sooner it's done, the sooner it's off your to-do list. On hold with the cable company? An opportunity to practise patience.

**Can you think of anything in your own life that would benefit from a reframe?**

STRESSOR	REFRAME