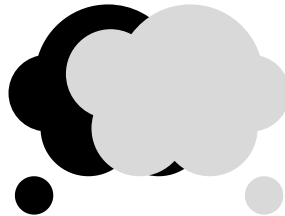


# HOW TO D-STRESS

## DISPUTE NEGATIVE THOUGHTS

Use mental reframes to reduce rumination and resentment



### WHY IT WORKS

Our thoughts can increase or intensify our cortisol levels. Mental shifts can help us see our circumstances as more logical and increase our optimism that we can handle stress in the future.

### KEY IDEAS

We all have a metacognitive style for thinking about stressors. "Disputation" is one of the most common strategies used in cognitive behavioral therapy, which means it is effective, but it takes a lot of work to change.

### EXAMPLES

## Distortions and Reframes



Distortion	Example	Reframe
Black/White Thinking	That lesson was a disaster.	There were parts of that lesson that were rough, but students really understood the main idea of the story
Personalizing	It's all my fault that our fundraiser fell short.	I could've tried some different ideas. But this was also my first time leading this committee, so I need to be kind to myself.
Catastrophizing	My day is ruined.	It's just a spilled coffee. I can get a new one in the lounge.
Permanence	These kids are never going to get this.	I need to seek support from colleagues on new ways to teach this text.

