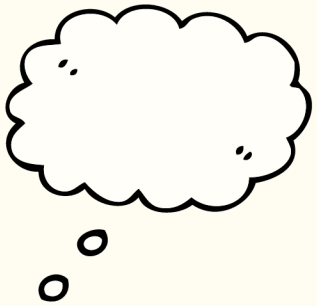
OCTOBER 20

Reframe Challenges

Canada's Healthy Workplace Month

EXCELLENCE CANADA

One's mindset is a powerful tool in overcoming adversities. A mindset geared towards personal growth is more resilient and equipped for creative problem soliving.



Three Good Things

At the end of your day, write down three good things that went well and why that happened. Take some time to reflect on them afterwards.

Appreciation Reframe

Identify a challenge you faced today and list three things you gained or learned from that experience.

Choose how you will

Reframe Challenges

Resilience Journal

When faced with a stressor, write down what happened, your immediate reaction, and how you could implement a more adaptive approach.

Mindset Swap

Write down a self limiting thought (e.g., "I can't do this") and reframe it into a growth statement (e.g., "I can't do this yet, but I will soon").

Learn more at
healthyworkplacemonth.ca

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EXCELLENCE CANADA

improving performance, recognizing excellence | améliorer le rendement, reconnaître l'excellence

Daily Resource

"What If" Technique

When a challenging circumstance occurs, ask yourself "What if...?" this will help in identifying possible positive outcomes and shift the focus away from fear.

Workplace Tips

For leaders

Encourage team members to share their failures by sharing your own. Expressing your own challenges in the workplace promotes an environment where mistakes become learning opportunities.

For Team Members

Focus on growth. Reflect on how challenging tasks in the workplace can build your skills and create future solutions.

> **In the middle of difficulty lies opportunity.**
>
> **-Albert Einstein (scientist)**

Learn more at
healthyworkplacemonth.ca