



How reframing language can bring about positive change to difficult situations

Institute of Health and Social Care Management

by our members for our members.

Introduction



- ❖ Sue Jones - Director of Social Care IHSCM
- ❖ Eight years working in social care (newbie!)
- ❖ Psychologist, NLP & Strengthscope Practitioner
- ❖ Passionate about collaboration across health and social care.



What we will cover

The power of positive thoughts

Examples of negative/positive language

Positive Language

Summary

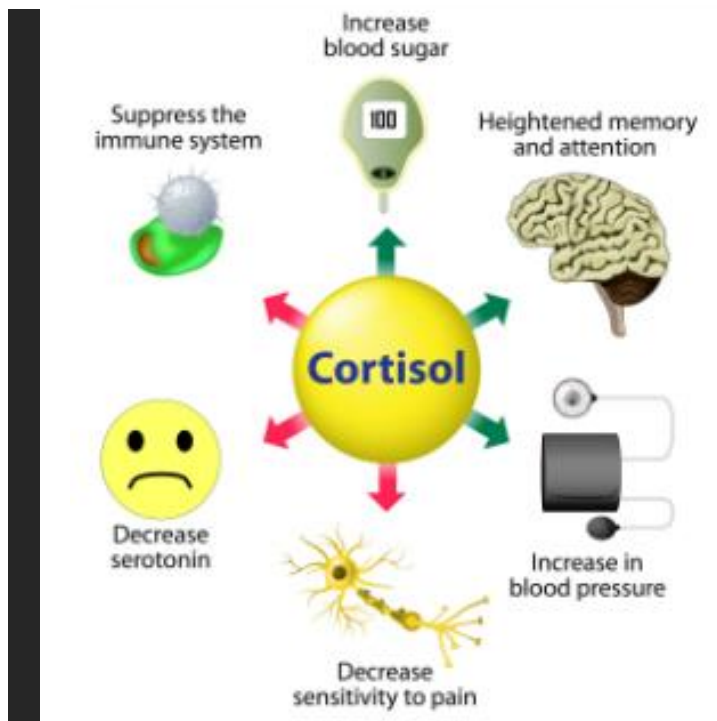
Exercises



The Power of Positive Thoughts

Your thinking directly impacts your mental and physical well-being via your brain chemistry.

<p>DOPAMINE THE REWARD CHEMICAL</p> <ul style="list-style-type: none"> • Completing a task • Doing self-care activities • Eating food • Celebrating little wins 	<p>OXYTOCIN THE LOVE HORMONE</p> <ul style="list-style-type: none"> • Playing with a dog • Playing with a baby • Holding hands • Hugging your family • Giving compliments 
<p>WWW.FRONTLINE19.COM</p>	
<p>SEROTONIN THE MOOD STABILIZER</p> <ul style="list-style-type: none"> • Meditating • Running • Sun exposure • Walking in nature • Swimming • Cycling 	<p>ENDORPHIN THE PAIN KILLER</p> <ul style="list-style-type: none"> • Laughter • Essential oils • Watching comedy • Dark chocolate • Exercising 



Examples

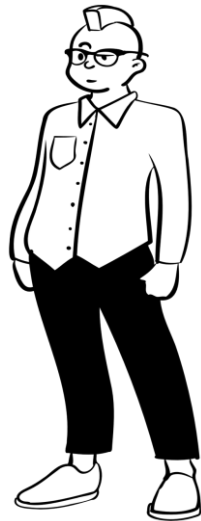
Negative Thought	Positive Thought
I've never done it before.	This is an opportunity to learn something new.
It's too complicated.	I'll tackle it from a different angle.
I don't have the resources.	I'm going to find out more
I can't be bothered today.	I need a boost to motivate me.
There's no way it will work.	I'm going to find a way
It's too radical a change.	It can be good to do things differently
No one bothers to communicate with me.	I will reach out to people today
I'm not getting any better at this.	I will keep trying, I know I can do this
I've never done it before.	I will enjoy this new task

Exercises

1st Person Perspective
Seeing the situation through my own eyes



2nd Person Perspective
Standing in your shoes



3rd Person Perspective
Taking an observer perspective



Breathing techniques

MEDITATIVE BREATHING AMAZING STRESS MANAGEMENT TECHNIQUE

- It helps to cure insomnia.
- Positive energy circulates in your body.
- It calms your mind.
- It improves blood circulation.
- Keep away the heart-related problems.
- Provide relaxation to body and mind.
- It improves your concentration.
- The oxygen supply throughout the body is increased, thus making one feel calm and peaceful.

Step-1
Inhale for 4 seconds through nose

Step-2
Hold for 7 seconds

Step-3
Exhale for 8 seconds through nose

Three small illustrations of a woman in a red dress performing the breathing technique. In the first, she is inhaling with her hand to her nose. In the second, she is holding her breath with her hand to her nose. In the third, she is exhaling with her hand to her nose.

Affirmations

10 DAILY REMINDERS

1. The past cannot be changed
2. Opinions don't define your reality
3. Everyone's journey is different
4. Things always get better with time
5. Happiness is found within
6. Over thinking will lead to sadness
7. Positive thoughts create positive things
8. Smiles are contagious
9. Kindness is free
10. You only fail if you quit

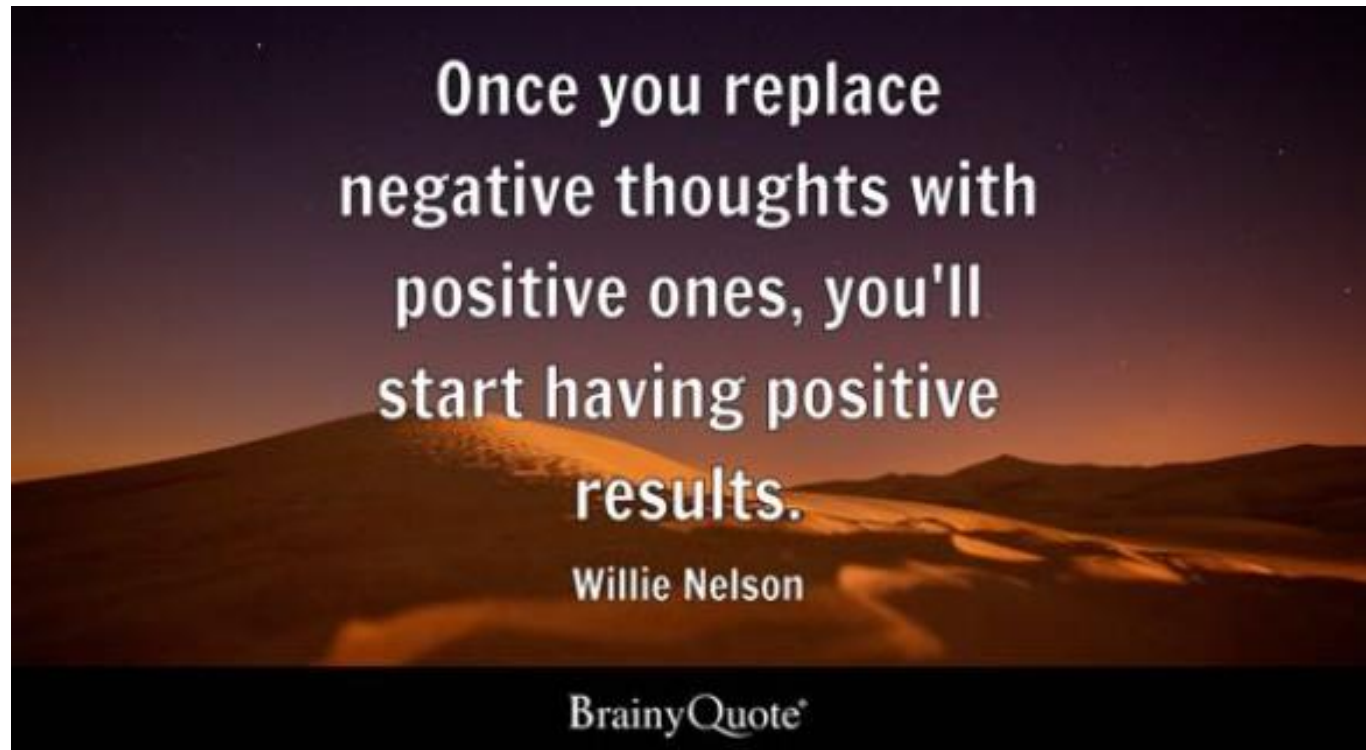
A purple sign with white text listing 10 daily reminders. The sign is decorated with white stars in the bottom right corner.

Signs you may need some help



[Flourish with CredibleMind](#)

Summary





Questions, Thoughts, Comments?

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