RESILIENCE
ReFrame

THE INCREDIBLE POWER OF REFRAＭE

Goal
To discuss how thoughts contribute to productive and non productive behavior. Discussion should include benefits of reframing your thoughts to improve performance, align action based on values, and strengthen relationships.

Framing the Discussion
Reframing is a technique used to help create a different way of looking at a situation, person, or relationship through a different perspective. It is extremely valuable when we are not happy with how we react, notice it is impacting others negatively, and is not aligned with our personal values. It is a way for us to develop a habit and routine to reflect on why things didn’t go well or why you had unproductive type reactions/results.

Discussion Questions
1. How do your beliefs and thoughts influence your reactions?
2. How do your emotional and physical reactions interfere with your performance, goals, or values?
3. What is ReFrame? How can you use ReFrame in your personal and professional life?
4. Think of a career specific event that includes multiple thought and reactions options. For example, failed an inspection; or got promoted below the zone. Identify thoughts that are likely to result in a productive reaction.
5. Reframe focuses on consciously choosing your perspective and outlook. How can you benefit by ReFraming your thoughts?

Optional Activity
Show media “The Incredible Power of ReFrame” video. Allow attendees to work in small groups to discuss take-a-ways from the video. Ask each group to develop a personal or professional example utilizing the technique of ReFrame to share in a combined groups.

Video Options
It is highly recommended for this discussion to watch the video as a group.

Video 1
5 min

Handouts
How to React to Almost Anything
HPRC ABC Model

Tailor It
This Quick Grip is intended to engage in meaningful discussions and is framed to meet the immediate needs of the work center. This is a supplement to traditional formalized training to reinforce and complement resilience skills. Flexibility in delivery is permitted. Please exercise sound and ethical stewardship when adapting discussions based on personal experience, audience, and needs within your organization.

2020 AFPC Resilience Operations and Air University
Preparing for the small group discussion is important but does not need to take a lot of time. We have provided a few resources related to the topic below to assist you with this. It is highly recommended small group facilitators review the videos and resource materials prior to hosting the discussion. The community resource matrix is also a tool recommended to have on hand during discussions.

Facilitator Notes

ACQUAINT YOURSELF WITH TOPIC
- Review the Resilience Quick Grip resources
- The references can also be used to conduct more research on the topic

PREPARE
- Review the Quick Grip as it is designed to assist with creating your discussion flow, starting with the videos, the proposed questions, activities/games, and apply it tools
- Ensure the venue and environment will encourage dialogue with the group
- Determine what you may need (audio visual, supplies, or games)

GET HELP FROM TECHNOLOGY
- Facilitators can use apps to enhance engagement such as KAHoot!, TriviaMaker, and MeetingPulse.
- Videos are also a great tool to use whenever possible. The video(s) in the Quick Grip were selected to provide an overview of the topic for discussion.

LEADING SMALL GROUP TUTORIALS

Mobile Game-Optional Questions

Below are some sample questions that can be used in a mobile game tool related to the topic, however you may choose to use other questions to fit your audience.

1. Per Stanford University, brain information travels up to how many miles per hour?
   A. 350 B. 65. C. 268 D. 78
   Answer: D. 268

2. Our mind has the ability to process how many pieces of information each second?
   A. 20 B. 126 C. 67 D. 232
   Answer: B. 126  FLOW, Mihaly Csikszentmihalyi

3. Events or circumstances are not good or bad (has no value), you determine this.
   A. True B. False Answer: A

4. Reframing lowers stress and builds relationships.
   A. True B. False Answer: A

Community Resource Matrix

Installations should tailor the community resource matrix tool. A guide on how to modify the matrix is included in the Resilience Toolkit. It is recommended facilitators have a copy of the matrix on hand during session(s).

References

1. Positive Psychology
   https://positivepsychology.com/what-is-mindfulness/

2. Overcoming Destructive Beliefs, Feelings and Behaviors
   Albert Ellis, ISBN: 9781615920150

3. Stop Overreacting: Effective Strategies for Calming Your Emotions
   Judith Siegel, Margo Trueblood, et al. 978-1572247239

4. Emotional Intelligence: Why It Can Matter More Than IQ
   Danielle Goleman, ISBN: 9780553383713