



Pause, Reset, Nourish:

Switching Focus

WHEN TO USE

- Pausing to ask ourselves a few short questions can help us change focus and shift our experience, even just a little bit.

CATEGORY

Thinking or cognitive strategies

THE SCIENCE BEHIND THIS PRACTICE

The “Negativity Bias:” People have evolved to register and experience negativity strongly and quickly (think about primal, survival mechanisms), often, at the expense of positivity. What we focus on matters (see resources below for more information).

OVERVIEW

Shifting our focus or viewpoint can regulate negative thinking (including rumination) and can have an impact on how we feel.

WHAT IS NEEDED	A moment to reflect on the questions below.
PAUSE	Take a full, deep breath allowing your attention to focus inward. Noticing what is here for you now in thoughts, emotions and body sensations. Are you noticing signs of anxiety, anger, restlessness, etc. or signs of apathy, detachment, numbing, etc.? If you are familiar with the Mental Health Continuum, is your internal experience reflective of the green, yellow, orange, or red zone?
RESET	<p>The following questions can be helpful with rumination and perspective:</p> <ul style="list-style-type: none"> • What story am I telling myself right now and is it even fully true? • I wonder what is behind the behaviour, or am I jumping to conclusions? • What is in my control to “unhook” from thinking about? • Do I need to put so much emotion into this? • What personal strengths can I focus on to help me? • What can I be hopeful about in this moment? • What do I need right now to make a small shift for myself? • What is the kindest thing I can say to myself right now or what would my loved ones say to me? <p>Not all questions will apply but they can help to interrupt a negative thinking loop.</p>
NOURISH	<p>Notice once again what is here for you now with curiosity and without judgement. You may wish to repeat the practice if you are still feeling agitated or disconnected. Take time to acknowledge the important work that you are doing and that you took a moment to reset and replenish yourself. This is good for you. This is good for others.</p> <p>Keep asking yourself these questions, as needed, because the negative thoughts will likely return again. Stick to reminding yourself about what is right versus focusing on what is wrong. The</p>

	positive needs to be focused on for at least 20 seconds.
FURTHER RESOURCES/ REFERENCES	Neuroplasticity: https://www.youtube.com/watch?v=ELpfYCza87g Neuroplasticity info graphic: https://s3.amazonaws.com/nicabm-stealthseminar/Brain2016/Infographics/NICABM-Neuroplasticity-Infographic-PDF-Black+and+White.pdf Negativity bias: https://www.verywellmind.com/negative-bias-4589618

NOTES/SPECIAL CONSIDERATION:

If further support is needed please reach out to a trusted colleague, your manager, Resilience Support Team Member, The Peer Support Line, or EAP services.