Cognitive Restructuring

Strategies for
Effective Thinking

With the uncertainty surrounding COVID-19, you may be experiencing a lot of overwhelming thoughts which may be negatively impacting you emotionally. One way that you can cope with the unpredictable is to "flip the switch" or practice the skill of **Cognitive Restructuring**. Using cognitive restructuring allows you to change ineffective thoughts into more effective ones, which will help you maintain emotional control.

Below are some examples of common thoughts you may be having and how you can "flip the switch" to a P3 thought. The more you work on practicing P3 thoughts, the easier it will be to do automatically.

Ineffective Thoughts	Effective Thoughts
R3 = Random, Reactive, Restrictive	**P3 = Purposeful, Productive, Possibility focused**
This quarantine is going to last forever!! I can't do this much longer!	Quarantine is temporary. I get to be safe at home and spend time with my family.
I am at high risk, I know I will get sick.	I wash my hands and stay indoors as much as possible. This will significantly decrease my chances of getting sick.
My kids/family are driving me nuts!	Everyone is just adjusting to their new normal. We should establish a routine that fits our new situation. I will also take time for myself just as I would normally.
I'm never going to be able to find all the basic supplies I need to survive.	I have prepared as best as I can and will use what items I have wisely. I have everything I need for now and will get the rest as they become available.
I can't focus on work right now, there are too many distractions at home. I'm failing at working from home!	There are distractions at work as well but I am still able to be productive. This is new to me so it is going to take some time to get into a "groove". I will work to eliminate distractions and establish a new routine.
I have to do a good job of homeschooling my kids otherwise they are going to fall behind.	The best thing I can do for my child is to support them as they learn and communicate with the teachers when we are unsure about something. We will figure it out together.

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