

# Top 10 List for ReFraming During a Disruption

ReFraming is the second phase to developing resilience. (ReActing is first and please let Kathy know if you need those Ten Tips) ReFraming is the method used to think of next steps and how to grow from the disruption. ReFraming is the single biggest skill necessary for resilience.

**KATHY** Parry  
Corporate Energy Expert

## 1 Change Your Language

Begin to use, "I get to" instead of "I have to". You will be surprised how much more energy this phrase produces.

## 3 Absorb the Situation

Disruptions have many facets. Don't just look at one part of the disruption. Take time to look beyond what is obvious to gain a better understanding.

## 5 Find Someone Smart

You may be smart, but so are other people. Seek people out who have more knowledge in an area you lack. Ask for help. Ask for guidance. People will help. Resilience happens when we all help each other

## 7 Get Creative

Disruptions give us latitude to think creatively. Ask, "What if?" and fill in five different scenarios each day. Ask others for their most creative ideas or outcomes.

## 9. Encourage Stress Reduction Activities

ReFraming feels good when we begin to find humor. Some people may not be ready for humor as soon as others. But laughter always has power to ReFrame.

## 10 Be Grateful

Write down three things each morning and three things each evening that you are grateful for. Disruptions can rob us of many things, but resilient people develop attitudes of gratitude.

## 2 Understand Your Fear

Identify your biggest fears. Once you understand what you fear, you can begin to address the fear. Make a list of all your fears. Take small steps to de-escalate your fear every day.

## 4 Identify What You Can Gain

How will this disruption change you? What skills will you acquire from it? How can you use your current skills more? Daily keep a list of skills used.

## 6 Be Someone Smart

Share what you know. Reach out to others who may need help. Send an email to several people a day just asking, "How can I help".

## 8 Honor Your Mental Health

If you feel so stretched by the disruption that you may snap, it is time to pay attention to your mental health. Seek a professional's help if depression, anxiety or fear seem overwhelming.

Kathy Parry is the Corporate Energy Expert and author of The Rubber Band Resilient Leader. She helps organization stay resilient, energized and effective during transitional events. Learn more about her strategic workshops and keynote speaking at [www.KathyParry.com](http://www.KathyParry.com)