Workplace Strategies for Mental Health

Compliments of Canada Life

Learn from challenging thoughts

Instructions

Imagine the following scenarios and then answer each of the questions below in the order that they appear.

Scenario 1

Sit somewhere that you feel comfortable, close your eyes, and take a moment to imagine that someone you care about is facing the obstacle of inadvertently hurting someone's feelings.

What wise or kind words would you share to help guide them through this process?

What steps would you recommend they take? Who would you recommend they reach out to?

How would you describe the potential for personal growth or the learning they might experience?

Scenario 2

Now, take a moment to recall the last time you inadvertently hurt someone's feelings. Try not to dwell on the negative feelings or thoughts, instead think of the steps you took once you were aware you had hurt someone.

What steps did you take following the conversation to address the issue?

Who did you connect with in your support network to help you think this through?

What did the people in your support network say to you that helped you navigate this issue?

How did you reach out to the individual following the conversation to resolve the issue in a way that works for all concerned?

Going through difficult situations can be tough. But when we're able to grow from them it's never a waste. Consider what you might say or do differently as a result of your experience?

Next steps

The next time you find yourself experiencing negative self-talk after going through a difficult experience, recall the process you have just completed.

Remind yourself of the steps you can take to address and resolve any issue. Contact your support network for guidance and reassurance about how you can address the situation. Be sure to always reflect on how you have grown or learned from any experience.

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