



Cognitive Restructuring

Length: 1hr .

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorial.

Details: Cognitive Restructuring uses introspective techniques to identify and re-frame stress inducing thought patterns. This method blends mindfulness and self analysis.

When applied effectively, this technique can help individuals become less susceptible to stress triggers, reduce anxiety and dim negative self talk.

This presentation introduces this technique and covers the following points:

- Self Calming strategies
- Analyzing the link between thoughts and moods
- Keeping thought records
- Positive re-framing strategies

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.