

# Face Challenges Using Strengths-Mindset



The next time you're confronted with a problem, whether it's something small or extremely daunting, try replacing negative thoughts with these:

- Remind yourself that you possess a unique set of strengths and abilities to confront this challenge.
- All environments contain resources that can be tapped into to help overcome adversity.
- Your individual life experiences have equipped you with skills to draw upon.
- Believe in yourself and that you can overcome your struggle.
- Every problem you solve will make the next one that much easier to handle.

Of course, it's normal to ask yourself questions like "why me?", "this isn't fair", or "why now?". Try not to get stuck in this negative loop. Problems are unavoidable in life and can present opportunities for growth.

Consider contacting your Employee Assistance Program for help today at the number below if you're struggling or just need help getting unstuck.

Xie, Huiting. "Strengths-Based Approach for Mental Health Recovery". <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3939995>. Retrieved October 23 2020.



## Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

TOLL-FREE:

WEBSITE:

CODE: