



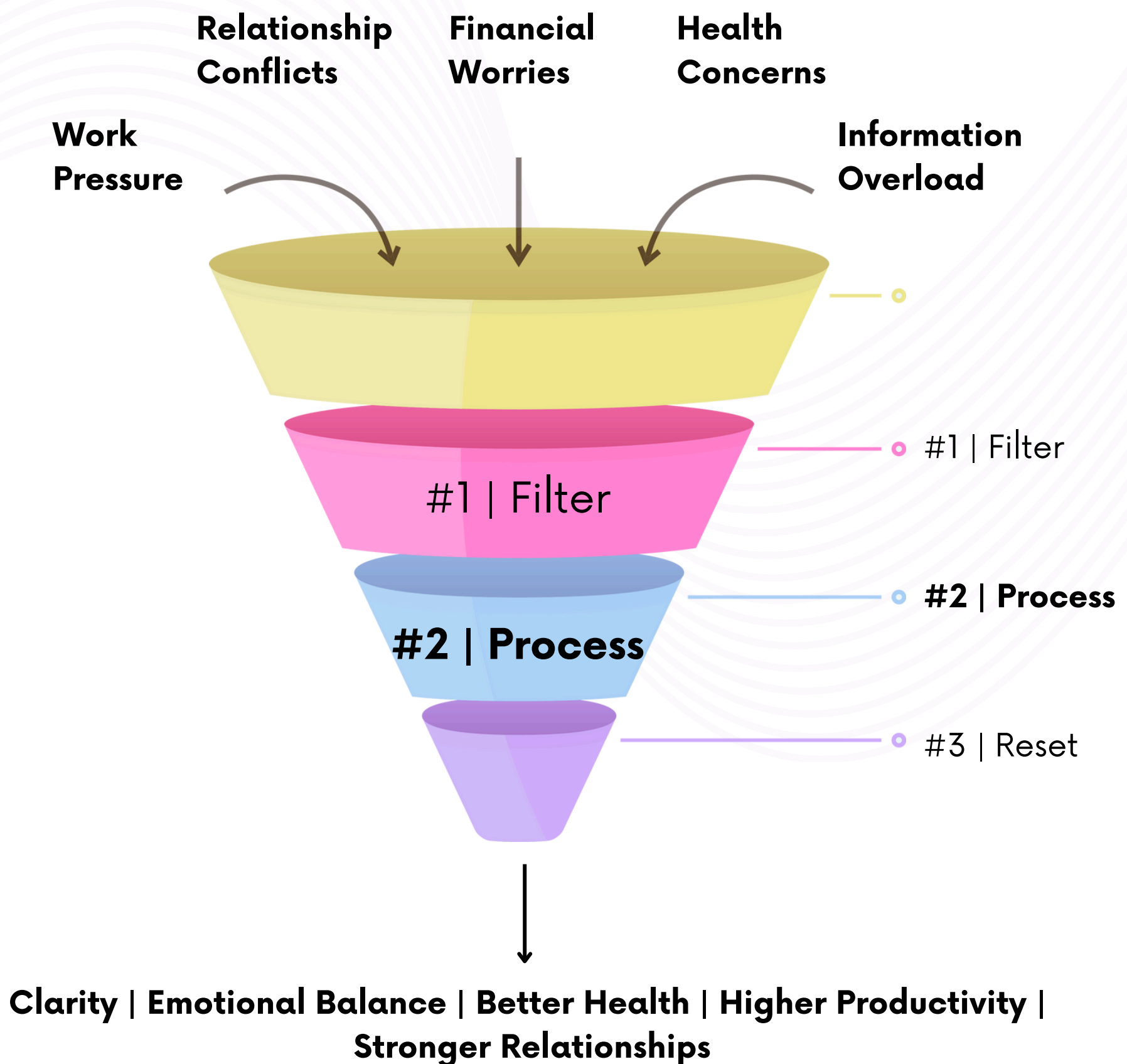
# DEPROGRAM STRESS SERIES

## **#2 Process:**

Reframe Stress So It Loses  
Power



# #2 Process: Reframe Stress So It Loses Power





# Facts:

- Your brain doesn't react to facts. It reacts to your interpretation of facts.
- The same situation can create panic or perspective, depending on how you frame it.
- Stress isn't what happens. It is the story you tell yourself about what happens.





# The Science:

- Cognitive Behavioral Therapy (CBT) proves that reframing stress reduces emotional intensity.
- Neuroscience shows the brain can't distinguish between a real or perceived threat. Your thoughts shape your reality.





# **#2 Process**

How to reframe  
stress so it loses  
power





# “Neutral Reframe” Rule

- Instead of "This is a disaster," say "This is feedback. What's my next move?"
- Instead of overreacting immediately, pause for 3 seconds.
- Use the 5x5 rule. If it won't matter in 5 years, don't give it 5 minutes.





**You don't need to  
"manage" stress. You  
need to change how you  
see it.**

**What's one stressful  
thought you'll reframe  
today?**

