5-Star CPR: Consciously Practice Reframing to Live a Life You Love

Presented by Thrive Education · Facilitated by Jenny Thrasher or a Thrive Education certified trainer

Length	45 minutes + 15 minutes of Q&A (90-minute version available)
Audience	Any group size, ages 12 and up. Ideal for workplaces, schools, families and community groups.
Format	In person, virtual or hybrid
Builds on	A deep dive into the reframing introduced in Thrive 101 and Safe Language 101. Can be taken on its own.

Presenter

Jenny Thrasher, Founder & U.S. Lead Ambassador, Thrive Education | Second Aid

Jenny Thrasher is a mental health educator, suicide prevention advocate, author, and creator of Thrive Education, an integrative approach that combines evidence-based research, lived experience, and practical tools to reduce the risk of crisis and help people thrive every day.

For more than two decades, Jenny's work has been shaped by both professional and personal experience, beginning with the loss of her father to suicide, continuing through her own physical, mental, and emotional challenges, and ultimately helping her daughter shift from suicidal to thriving.

Session Description

We're always reframing our experiences, and most of the time we don't realize it. The words we use every day, with ourselves and with others, shape how we experience life. Many of us haven't realized how phrases like "I'm so busy," "I'm struggling" or "I'm worried" have been keeping us in the very place we'd like to get out of. In this workshop, participants discover why our words matter, recognize the everyday words and labels that keep us stuck, and learn 5-Star CPR: to Consciously Practice Reframing. Reframing doesn't change what happened. It changes what we do with what happened, so we can live a life we love.

Learning Objectives

Upon completion of this session, participants will be able to:

1. **Explain** how the words we use shape how we experience life, and why we're always reframing.
2. **Identify** everyday words and labels that keep us stuck, with ourselves and with others.
3. **Practice** 5-Star CPR (Consciously Practice Reframing) using simple tools, including Flip the Script and the Manifestation Game.

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What Participants Walk Away With

- Awareness of the everyday phrases and labels that keep us stuck ("I'm so busy," "I'm struggling," "I'm worried")
- Simple reframing shifts: past tense, speaking it into the truth, struggle to challenge, worry to awareness, should and need, triggered to activated
- Responding rather than reacting, and venting vs processing
- The 5-Star Life Continuum and the three types of reframing
- Flip the Script and the Manifestation Game
- The free 5-Star CPR guide on the website

Curriculum Content

SEGMENT	LEARNING OBJECTIVE	MINUTES
Welcome	All	2
Part 1: Why our words matter	1	10
Part 2: The words that keep us stuck	2	17
Part 3: Consciously practice reframing	3	14
Where to turn for support	All	2
Q&A	All	15
Total		**60**

Peer-Reviewed Research References

- Stover, Shulkin, Lac, & Rapp (2024). A meta-analysis of cognitive reappraisal and personal resilience. *Clinical Psychology Review*, 102428. https://doi.org/10.1016/j.cpr.2024.102428
- Morello, K., Schäfer, S. K., Kunzler, A. M., Priesterroth, L.-S., Tüscher, O., & Kubiak, T. (2023). Cognitive reappraisal in mHealth interventions to foster mental health in adults: A systematic review and meta-analysis. *Frontiers in Digital Health, 5*. https://doi.org/10.3389/fdgth.2023.1253390
- Dodds, P. S., Alshaabi, T., Fudolig, M. I., Zimmerman, J. W., Lovato, J., Beaulieu, S., Minot, J. R., Arnold, M. V., Reagan, A. J., & Danforth, C. M. (2026). Ousiometrics: The essence of meaning aligns with a power-danger-structure framework instead of valence-arousal-dominance. *Science Advances, 12*, eadr4039. https://doi.org/10.1126/sciadv.adr4039

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Books

No books are required for this session. Jenny's upcoming book, *You Say*, includes more than 100 pages on reframing and is the foundation for this workshop.

Evaluation (for CE credit)

- A short quiz on the three learning objectives (minimum passing score 80%)
- A course evaluation form: were the objectives met, how relevant and usable the content was, how effective the teaching was, and ideas for improvement
- Certificates of completion are issued once both are complete

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