



*Today's Suggested
Topic is...*

**Healthy
Self-Talk**

HEALTHY SELF-TALK

INSTEAD OF THIS...

SAY THIS...

LIFE IS SO HARD



CHALLENGES ALLOW ME TO GROW

I CAN'T DO THIS



I WILL KEEP TRYING!

I MESSED UP



MISTAKES HELP ME TO LEARN AND GROW

I GIVE UP



I WILL TAKE A BREAK AND COME BACK READY TO TRY AGAIN

I'M NOT GOOD ENOUGH



PRACTICE MAKES PERFECT!

IT'S ALL IN MY HEAD



MY EXPERIENCES ARE REAL AND VALID

positive self-talk

“The way you choose to think and speak about yourself (to yourself and others),

IS A CHOICE!

You may have spent your whole life talking about yourself in a negative way, but that doesn't mean you have to continue that path.”

– Miya Yamanouchi

Negative Self Talk-

Nothing is good.

I am worthless.

Time will never change.

I am weak.

I will not try again.

Things are never good.

I can't do this.

I am not sufficient.

I am not good enough.



Positive self talk-

Everything will workout.

I am worthy.

This time will pass.

I am strong.

I will not stop trying.

Best is yet to come.

I can do this.

I am sufficient.

I am enough.

HEALTHY SELF-TALK

**SPEAK KINDLY TO YOURSELF &
BE AWARE OF YOUR THOUGHTS**

**POSITIVE
PRAISE & LOVING,
HEALTHY WORDS
& THOUGHTS**

**BELIEF IN YOURSELF,
YOUR ABILITIES &
BEING CAPABLE OF
RISING TO ANY
CHALLENGE**

**COMPASSION FOR
YOUR CHOICES,
ACTIONS,
SITUATIONS**

**REALIZE THAT
MISTAKES DO
HAPPEN &
PRACTICE SELF
FORGIVENESS**

**SELF RESPECT:
LOVE FOR
YOURSELF, YOUR
BOUNDARIES &
BELIEFS**

**SQUASH
UNHEALTHY AND
UNKIND WORDS &
THOUGHTS IN
THEIR TRACKS**

What Can I Say To Myself?

Instead of...

- I'm not good at this.
- I'm awesome at this.
- I give up.
- This is too hard.
- I can't make this any better.
- I just can't do math.
- I made a mistake.
- She's so smart. I will never be that smart.
- It's good enough.
- Plan A didn't work.

Try thinking...

- What am I missing?
- I'm on the right track!
- I'll use some of the strategies we've learned.
- This may take some time and effort.
- I can always improve, so I'll keep trying.
- I'm going to train my brain in Math.
- Mistakes help me to learn better.
- I'm going to figure out how she does it so I can try it!
- Is it really my best work?
- Good thing the alphabet has 25 more letters!

SELF-TALK FOR HARD TIMES

It's okay if I
don't feel okay.

This feeling is uncomfortable.
But it won't last forever.

I can do hard things.

I just need to take it
one step at a time.

I'd like something else,
but I can handle this, too.

3 Ways to Talk Yourself Up

Here are some ways to help change the direction of your self-talk



1.

Listen to what you are saying to yourself



Notice what your inner voice is saying



Is your self-talk mostly positive or negative?



Each day, make notes on what you're thinking



2.

Challenge your self-talk



Is there any actual evidence for what I'm thinking?



What would I say if a friend were in a similar situation?



Can I do anything to change what I'm feeling bad about?



3.

Change your self-talk



Make a list of the positive things about yourself



Instead of saying: 'I'll never be able to do this', try: 'Is there anything I can do that will help me do this?'

BENEFITS OF POSITIVE SELF-TALK

1. A HEALTHIER IMMUNE SYSTEM

2. REDUCED PAIN

3. BETTER
CARDIOVASCULAR
HEALTH

4. IMPROVED
MENTAL HEALTH

5. IMPROVED SELF-ESTEEM

6. INCREASED
VITALITY

7. GREATER LIFE
SATISFACTION

8. REDUCED STRESS

9. BETTER PHYSICAL
WELL-BEING

10. INCREASED
LIFESPAN



TALK TO YOURSELF AS YOU WOULD TALK TO...

Just for Today...

“

A CHILD

It's ok to feel how you're feeling. This won't last forever, it will pass.

”

“

A STRANGER

Do you need some help with that?

”

SOMEONE WHO IS STRUGGLING

I am here for you. How can I best support you right now?

“

“

YOUR FRIEND

I am proud of you and how far you have come. You are amazing!

”

“

YOUR LOVE INTEREST

There are so many things I like about you!

”

YOUR PET

I love you. You deserve a treat!

“

”

