Developing Positive Self-Talk

We all carry on a continuous internal dialogue. This is known as "self-talk" and it impacts how we perceive situations.

Sometimes, people use self-talk to say things to themselves they would never say out loud to someone they care about. This is called negative-self talk, and is common with people experiencing depression. But you have the power to change negative self-talk and replace it with a more positive, nurturing internal dialogue. This takes practice and persistence.

Develop positive self-talk

When you find you are using negative self-talk, **change your internal dialogue** to something that is more hopeful. For example, "everyone makes mistakes" or "I am doing the best that I can."

Say daily positive affirmations to yourself. Write down a few statements that resonate with you and post where you will see them often like, "I'm becoming better every day" or "I am allowed to say 'no' to others and 'yes' to myself."

Engage in a daily self-care activity like walking, listening to your favorite music, etc.

Practice mindfulness by being completely in the present moment. Take care to notice the sights and sounds of life around you.

When you find yourself speaking or thinking negatively to yourself, ask yourself if you would say this to someone you love. If not, what might you say instead? **Talk to yourself in a way that you would speak to someone important to you.**

List your five favorite qualities about yourself and remind yourself of these regularly.

Journal your thoughts, feelings and emotions. End each journal entry on a positive note with a goal and next steps.

W E L L C O N N E C T

May is *Mental Health Awareness* Month
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