

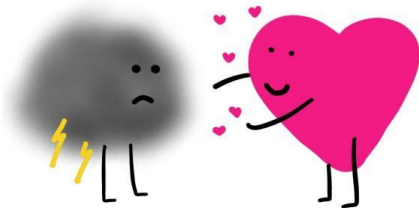
Mindful Memo

Week 26 – February 21st, 2022 RCMA Wimauma Community Academy

Self-Talk: Are you a Friend or Foe?

Think back over the past few months. Were there times that things didn't go as planned or mistakes were made? Now, think back on the reaction to those events. Was it positive and growth-oriented ("That was a big mistake, but I'll do better next time"), or negative and self-deprecating ("Ugh, NOTHING ever goes right for me!")? Negative self-talk is one of the biggest barriers to us living a positive, mindful life.

This week, let's focus on recognizing and replacing the negative sound-loop in our minds with supportive, caring thoughts. Remember, if you wouldn't say it to a friend or family member, don't say it to yourself!



Perseverance and
spirit have done
wonders in all ages.

George Washington

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?'

REACH OUT.COM