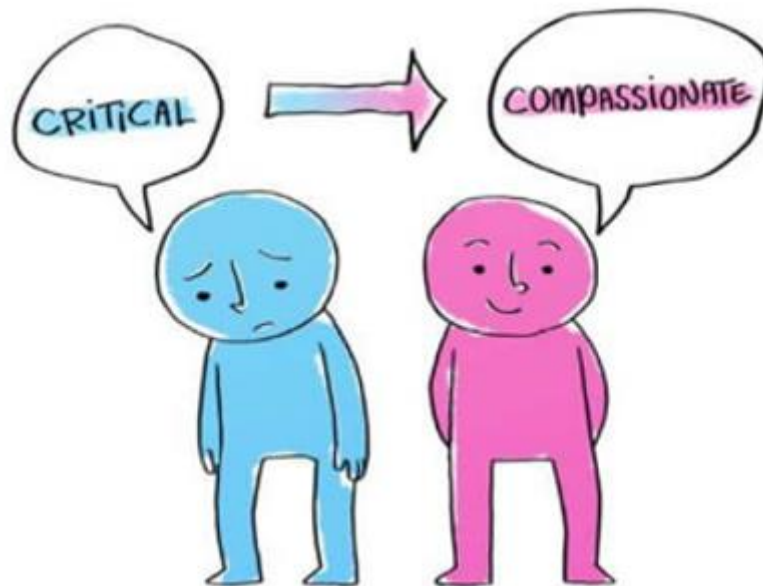


Wellbeing Tip of the Week

Positive Self-Talk



We can easily fall into the trap of critical self-talk. When we get something wrong or make a mistake, we can dwell on these “failings” and only notice the flaws in ourselves. Sometimes we can be so harsh to ourselves, saying things that just aren’t true e.g. “I’m useless! We would never put someone else down in that way, so why do we do it to ourselves?”

This type of negative self-talk can contribute to low self-esteem and feelings of low self-worth. Instead, we need to actively be our own cheerleader. When we catch ourselves being self-critical, we should stop and say three positive things about ourselves: one thing that we’ve done well that day, one thing that we’re proud of and one thing that we’ve achieved. Changing our inner self-talk can be so beneficial to our wellbeing.