

Wellbeing Tip of the Week

Give Yourself a Compliment!



Do you ever catch yourself being overly critical of yourself, or thinking mean thoughts about yourself? Being overly negative or telling ourselves we are no good can really damage our self-esteem and can stop us from trying!

Giving yourself a compliment and practicing positive self-talk is crucial to achieving a healthy mindset, boosting our self-esteem and giving us the confidence to accomplish our goals. Give yourself credit for the things you do well, don't take them for granted or brush them off as nothing.

Starting your day with positive self-talk focuses your attention on positive things and improves our overall wellbeing. Here are some examples you could try:

- I'm proud of myself for trying
- I forgive myself for my mistakes and I'm going to learn from them
 - I'm doing my best and that's all that matters
 - 3 things I did well today are...
 - I am strong, I am smart, I am enough!