

Self-Talk or Affirmations.

As we go about our day at school or home, we say things to ourselves in our heads about the things that we do. Everybody does it and we talk to ourselves about all sorts of things. Sometimes the thoughts say that we are clever and doing well. At other times they say that we are 'stupid' or that we can't do anything. This is called self-talk.

There are a few ways you can develop better self-talk including just listening to what you're saying to yourself each day. It's worth practicing self-talk as feeling good about yourself is worth the effort.

Here are a few things you can try:

Some people like to use Positive Affirmations – these are short statements that describe the way we want to feel. They always use positive language ("You are a good person" rather than "Be less horrible"). Write them on a favourite picture and put it somewhere you see a lot; on the bathroom mirror, in a wallet or purse, by the bed, on the fridge. It could also be a phrase that you repeat over and over to yourself like a song.

Some people like to use positive self-talk - Positive Self-Talk is the stuff that makes you feel good about yourself and the things that are going on in your life. It is like having a positive voice in your head that always looks on the bright side. For example "These clothes look pretty good on me", "I can totally make it through this exam", "I don't feel great right now but things could be worse!"

Some people like to keep a journal and record what they were thinking & how it made them feel & what they'd like to change. Or they might use positive statements like:

1 positive thing about me is:

1 thing I would like to achieve is:.....

1 thing I'm proud of is:.....

**EVERY DAY
MAY NOT BE
GOOD.
BUT THERE IS
SOMETHING
GOOD IN
EVERY DAY.**

USING POSITIVE SELF-TALK CAN LEAD TO:

A boost in confidence



Improved relationships



Increased self-esteem



Maintaining a positive attitude



By talking to yourself in a more positive and helpful ways, you can make it easier to cope with difficult situations, just by walking with your head up, looking people in the eye and smiling you are helping yourself to be more confident and brave. Be kind to yourself and try to acknowledge the good qualities you have, and accept the areas you would like to work on.

Try a few different things and see what works for you.

You can do it – you are simply amazing!

