



# The Benefits of Positive Self-Talk

Engaging in positive self-talk is not just a feel-good mantra — it has tangible and scientifically proven benefits. Psychologist Linda Sapadin has posited that giving voice to our goals can focus attention, control emotions and act as a shield against distractions. For some, vocalizing thoughts may even be the key to changing thinking patterns. In essence, positive self-talk can be seen as a powerful tool with a wide array of benefits, influencing both mental well-being and cognitive performance.

## Make a Habit of Positive Affirmations

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 or listening to your favorite music.

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 and remind yourself of these regularly.

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

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If you or someone you know is struggling with mental health issue, help is out there. Contact the Mental Health America 24/7 Crisis Text Line (Text MHA to 741-741).

