USEFUL FOR:

Boosting your confidence, reducing stress, and making you feel better about yourself!

SELF-TALK

Luckily everything you think isn't said out loud. But that isn't to say that the **little voice in your head** doesn't impact your life. Sometimes it's encouraging, but other times it can be negative ... and just plain wrong.

What is self-talk?

Self-talk is the inner voice in your head that talks about you and the things you see around you. It's kind of like a subtle running private commentary of your life. It's usually made up of thoughts that you wouldn't necessarily say out loud, and often happens without us even realising we're doing it.

Self-talk: the good and bad

Self-talk can be either positive or negative.

Positive self-talk is when thoughts have an optimistic spin and you're able to find, and concentrate on, the good things in your life. Negative self-talk is when your thoughts are more pessimistic, which can mean they make everything seem pretty terrible.

While it's completely normal to experience both kinds of self-talk in your life, you'll be at your happiest when the positive thoughts outweigh the negative.

A small voice with big impact

The way you talk to yourself can impact your:

1. Confidence.
2. Self-esteem.
3. Stress levels.
4. Attitude towards life, challenges and new situations.

When you're practicing positive self-talk, you're more likely to feel good about yourself and believe you can achieve your goals. But if your mind is filled with negative self-talk, you might begin to feel down about yourself, your abilities and everything around you.

Do it better

Feel like you're full of negativity? It's cool, there's hope: self-talk can be changed – it just takes a little practice.

Begin by trying to follow these tips.

1. NOTICE what you are saying to yourself. Take time each day to listen. Write down some of your thoughts, and tally how many are positive versus negative.

2. CHALLENGE your negative self-talk. Ask yourself whether there's any evidence to support what you are thinking.

3. CHANGE your "I can't" into "How could I?". Look for ways around challenges by thinking a little differently, or by asking someone else for help or advice.

4. SURROUND yourself with positive people/talkers. When we are around the people who can see the good things in life, it helps us to find it too.

To wrap up

- Self-talk is the little voice you have in your head.
- When you have more positive than negative thoughts, your self-esteem and confidence improves.
- Self-talk can be changed. Being aware of the types of thoughts you have is the first step to improving your self-talk.