



Healthy thinking is part of resilience!

Tip sheet

REPLACE YOUR NEGATIVE SELF TALK WITH HEALTHY THINKING AND DECREASE YOUR STRESS

- Change is inevitable in our professional and personal lives and change causes stress.
- Negative self talk increases under stress.
- Negative self talk is inaccurate and it creates negative emotions.
- Most people have 3 to 5 negative self talk phrases and silently say these to themselves 10-30 times per day.
- We then feel the emotion related to the inaccurate phrase like “I must be perfect!” which might trigger anxious feelings or “I can’t stand it!” which might trigger feelings of anger or fear.

WHY NEGATIVE SELF TALK MATTERS

- Avoiding negative self talk lets you avoid beating yourself up and the accompanying escalation of negative emotions which often follows.
- Using Healthy Thinking also lets you move on to quickly consider what to do next if the issue is still in play or what to do differently in the future if the decision has already been made.

WHY SHOULD I PRACTICE HEALTHY THINKING?

- We all have negative self talk.
- When we are under stress our negative self talk tends to increase.
- This type of thinking brings us down, upsets us, frightens us or makes us want to give up.
- Replace negative self Talk with healthy thinking. Healthy thinking means saying something to yourself that’s literally true.
- To get positive impact from healthy thinking you have to put knowledge into action. If you don’t practice healthy thinking and make it a habit, you will not get positive benefits.
- All it takes is 10-14 days to create a new healthy habit regarding healthy thinking.

NEGATIVE SELF TALK	NEGATIVE EMOTION
“I’m a failure!”	Sadness or despair
“I must be perfect!”	Anxiety or shame
“I can’t stand it!”	Fear or anger
“He’s undependable! She’s bossy! They’re stupid!”	Contempt or anger
“Why did I volunteer? I’ll never do that again”	Irritation or resentment
“I hate it, I hate it, I hate it!”	Anger or despair

THRIVING AMIDST CHANGE

- Even peak performers occasionally have negative self talk.
- Even if they feel bad or down, they do not allow themselves to continue to have negative self talk which berates or belittles themselves (or others).
- Instead, they get to work to understand their situation, their issue, their opportunity or their competition better, so next time the odds of prevailing are increased.

Many people find practicing healthy thinking helpful...some find it life changing!