



Mental Health Awareness Toolkit | *Tip sheet*

The Benefits of Positive Self-Talk

Positive self-talk is more than saying nice things to yourself. It can help you focus, manage your emotions and stay on track when you feel distracted. Speaking kindly to yourself can also help you change unhelpful thinking patterns. Over time, it can support your mental and emotional well-being.

Make a habit of positive affirmations

When you notice negative thoughts, try to replace them with more hopeful ones. For example: *"Everyone makes mistakes" or "I'm doing the best I can."*

Say a few positive affirmations each day. Write simple statements that mean something to you *and place them where you will see them often. Examples include: "I'm getting better every day" or "I can say no to others and yes to myself."*

Do one self-care activity each day, such as taking a walk, listening to music or spending a few minutes stretching.

Practice mindfulness. Pay attention to what is happening around you, including the sights and sounds in your environment.

If you catch yourself speaking harshly to yourself, pause and ask: *"Would I say this to someone I care about?"* If not, rephrase the thought in a kinder way.

List five things you like about yourself. Look at this list often to remind yourself of your strengths.

Keep a journal of your thoughts and feelings. Try to end each entry with one positive thought, goal or next step.

#MentalHealthMatters

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

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