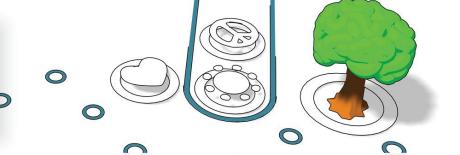# Think Well, Be Well

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The Importance of Positive Self-Talk

Positive self-talk is a powerful tool that can shape your mindset by boosting confidence and improving overall well-being. The way you speak to and about yourself can influence how you handle stress, overcome challenges and pursue goals. By replacing negative inner dialogue with compassionate affirmations, you can reform thinking patterns and create a more optimistic outlook.

Positive self-talk entails repeating encouraging phrases to yourself in the present tense. For example, you could try saying out loud, "I have the power to create the day I deserve."

This article discusses the importance of positive self-talk and offers suggestions for creating and practicing positive affirmations.

What Are Self-Affirmations?

Self-affirmation theory is the act of maintaining a positive view of ourselves despite the times when outside elements present new and challenging information about us. Self-affirmation theory was popularized by Claude Steele, a social psychologist, in the 1980s. Research has since shown that self-affirmations, positive statements affirming our beliefs, can help improve our core values and better understand our sense of self. In fact, practicing positive self-talk may provide the following benefits:

- Reduce stress and anxiety.

- Improve mental well-being.

- Promote self-confidence.

- Improve work or academic performance.

- Encourage behavioral changes (e.g., stop obsessive thought spirals).

How to Create and Implement Self-Affirmations

To create self-affirmations, it's essential to consider your personal beliefs and goals. It can help to first identify an area in your life where you want to see improvements or growth, such as being more confident in your abilities at work. You can use this to create a positive statement to encourage yourself, such as "I am capable. I have the skills I need to complete this task."

Additional examples of affirmations include the following:

- "I love and accept myself."
- "I deserve love and kindness."
- "I am competent."
- "I am smart enough to handle everything I have going on today."
- "I am good enough."
- "I am more than my negative thoughts."
- "I am resilient."

The following are suggestions for ways to practice positive self-talk every day:

- **Choose a consistent time each day to say self-affirmations.** Consider setting an alarm each day to get into a routine of repeating affirmations to yourself. This could be when you first wake up or before you go to bed.
- **Place notes or artwork around your home that have self-affirmations on them.** It can help to have visual reminders to practice positive self-talk. Many people choose to write them on sticky notes and place them on a mirror or near their workspaces.
- **Start a journal.** Many people prefer to write self-affirmations instead of saying them. Create a journal where you write positive self-talk and reflect on your progress.
- **Recognize negative self-talk and replace it.** It is essential to take notice of the moments when you say unkind things to yourself. Take a moment to reframe your thoughts and say a positive affirmation instead.

Summary

Remember, practicing positive self-talk is a journey, so the process of finding affirmations that benefit you should grow and evolve. These tips offer a starting point to begin your positive self-talk routine.

Don't hesitate to seek support from a trained health care provider if you need assistance with your mental well-being.