

Self esteem works: Self-talk techniques

- **Self-talk is the way you talk to yourself, or your inner voice. This inner voice combines conscious thoughts with inbuilt beliefs and biases to create an internal monologue throughout the day.**
- **It was found that the average person has about 60,000 thoughts per day. Of those thousands of thoughts, 80% were negative, and 95% were exactly the same repetitive thoughts as the day before **Highlighting how important it is that we condition our self-talk to be positive****
- **Research shows that positive self-talk can: improve self-esteem, stress management and wellbeing. reduce any symptoms of depression, anxiety and personality disorders. improve your body image and can help treat people with eating disorders.**

Some techniques to improve our positive self-talk:

Affirmations:

- **Affirmations are positive feedback that we can give ourselves. The important thing to remember about them is that they are in the here and now.**

Think of 3 positive affirmations to say to yourself each day.

1.

2.

3.

Emotional check-ins:

By checking in with our emotions regularly throughout the days, we value ourselves by validating how we feel.

We also assist better emotional regulation which can help us to create "psychological distance" from ourselves (helps us to watch our thoughts and know that they are our thoughts (that can often be negative) but they aren't "truths" - they're just thoughts.