

Happy New Year!

Positive Self-Talk Umbrella

Let's start 2021 off on the right foot, by thinking positively! Be Positive and Kind to Yourself.

Mindful Practices (modified)
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Develop Positive-Self Talk Statements: It is easy to think negatively about yourself when you are not successfully meeting your own goals, or flawlessly completing a task (I can't do this, I stink, I am not smart enough...etc.). Usually when we are unable to successfully complete a goal we dwell on the negativity instead of exploring the possibilities. This type of negativity can stunt our ability to discover new ways of completing tasks and accomplishing goals.

Interactive Activity:

Let's imagine an umbrella. Umbrellas help shield us from rain which can make us feel wet and uncomfortable. Imagine an umbrella preventing negative thoughts from entering our mind.



Take a moment and think about the positive traits we have. Think of these positive traits as your umbrella. Build your umbrella with positive statements about yourself. The negative thoughts are raindrops that when hit the umbrella, bounce off, hit the ground and disappear. Protect yourself from negativity with positive self-talk.

