

Practicing Positive Self-Talk



If you're experiencing feelings of overwhelm & your thoughts sound like:

- *"I'm so anxious"*
- *"I'm not doing good enough"*

Try these phrases:

- *"I'm capable of navigating challenges that come my way"*
- *"This is a difficult time, and I'm doing my best"*



If you're experiencing feelings of anger & your thoughts sound like:

- *“Why does this always happen to me?”*
- *“I’m so stupid”*

Try these phrases:

- *“A bad day does not mean a bad life”*
- *“My mind is constantly evolving”*
- *“I can learn from this by...”*



If you're experiencing feelings of burnout & your thoughts sound like:

- *"I'm so lazy"*
- *"I can't do anything right"*

Try these phrases:

- *"A little progress is still progress"*
- *"I deserve time to recharge"*
- *"It's human to ask for help"*

