

# HealthMatters

MARCH 2021 NEWSLETTER

## SELF-TALK

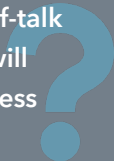
You can be your own best cheerleader or worst critic.  
Use the power of your self-talk to motivate you towards your goals.

**You have thousands of thoughts every day. As much as 90% of your thoughts are repetitive. Self-talk is the thoughts you have about yourself. You may think them or say them out loud.**

You may hear on-going, negative thoughts such as, "I can never do anything right." This voice can be powerful and mean. If not managed, it can break you down mentally and get in the way of you reaching your goals. This negative self-talk is sometimes called the Inner Critic.

You also experience positive thoughts about yourself, such as, "I can do anything I set my mind to." This voice can be equally powerful and help encourage you when you need it. It is normal to have both positive and negative self-talk.

What you say to yourself matters. Does your self-talk support your efforts? Answering this question will require you to take time and focus your awareness on what you think and say about yourself.



### Start with this one-day exercise:

1. On a piece of paper, draw a line down the middle to divide it in half. Label one section "positive" and the other "negative."
2. Make a mark in the appropriate section each time you notice a positive or negative thought. You can also write down your thoughts.
3. Review your list at the end of the day to compare the number of negative thoughts to the number of positive thoughts.

This awareness can help you understand why you take certain actions or feel a certain way. The next step is to start changing your negative self-talk, which holds you back, into positive self-talk, that moves you forward.

Connect with a certified health coach for help in becoming more aware of your self-talk and ideas for how to shift towards more positive self-talk.

You can turn your Inner Critic into your best cheerleader.

**CareHere is here to support you.**

Schedule an appointment by calling 877.423.1330 or using our CareHere app.