



# The Buzz about Self-Talk

There's a lot of talk these days about positive and negative self-talk. Self-talk is the dialog that we hear silently inside of our heads. Researchers are finding that what we say about ourselves and others, positive or negative, silently or out loud, can impact both our physical and mental health due to the mind-body connection. During stressful times especially many parents may find themselves doing a lot of negative self-talk.

Here are some ideas to help you think about and maybe change your self-talk habits:

## *Be Intentional:*

- Get a journal, or a pack of post-it notes and place them somewhere to help remind you that you are starting a new way of speaking to yourself and to others. Write down your observations.



## *Become Aware:*

- When you hear yourself thinking something negative, about yourself or others, try writing it down on a post-it or in your journal. Then cross it out or throw it away. You may not have time to write down every one of them, but the physical act of writing down even a few, will help you to notice and change those negative talk habits.

## *Be Patient:*

- Becoming aware of the negative thoughts is just a first step in beginning to change. Negative self-talk is a habit, and as the saying goes, habits are hard to break.

## *Self-Praise:*

- We often judge ourselves harshly for the mistakes we make, even the smaller ones, like misplacing keys. Why then don't we praise ourselves when we get things right? Look for opportunities to offer yourself praise.



## *Reframe:*

- In addition to finding ways to praise yourself, try reframing negative statements. Here are some suggestions from Parent Guide News:  
When you hear yourself say, "I am a bad parent." Instead Say... "Parenting is a hard job. I work every day at making the best choices for my family."

References: Flaxington, Beverly D. (N.D.). *Positive Self-Talk, Banishing Negativity to Boost Confidence*. <https://www.parenttrust.org/for-families/parenting-advice/parentingtips/stress-management/increase-positive-self-talk/>;  
Scalise, Julia, DN, PHD. (N.D.). *How Negative Self-Talk Sabotages Your Health and Happiness*. <https://brainspeak.com/how-negative-self-talk-sabotages-your-health->