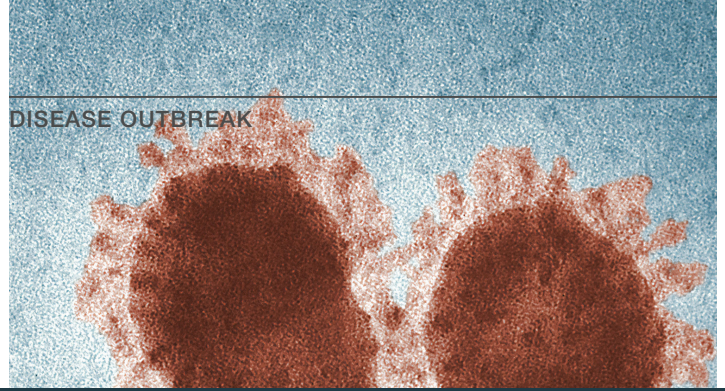


As we weather the COVID-19 global health crisis, a positive internal dialogue helps us continue moving forward and allows us to discover optimism and hope.



# Coronavirus

## Positive Self-Talk



We all have conversations with ourselves or in other words, “self-talk”, that may lead to how we perceive situations both negatively and positively. When our internal dialogue leads to self-blame, to be overly self-critical or beating ourselves up, we are having a negative self-talk conversation. This type of self-communication over time can lead to depression, anxiety, low self-esteem and low self-confidence.

To change a negative self-talk habit, we need to be aware of its prevalence in our lives. Think about how we would describe ourselves to others. If the self-assessment/description has many negative characteristics, we probably have been having too many negative self-talk conversations. Changing negative self-talk to positive self-talk takes internal practice, patience and persistence.

Positive self-talk success takes time to develop. Know you are doing your best and tell yourself so. Change the inner dialogue from “I will make mistakes” to “I am trying my best.” Remind yourself through positive affirmations that you are a worthy person, you are learning to be a better person and you can learn from mistakes. Start to tell yourself, “I will reach my goals.” Say, “I will make it through this challenging time. I will learn from it and become a stronger person.”

Act on the positive self-talk by taking care of yourself. Actions will lead to successful outcomes when you practice positive self-talk. Believe in what you are trying to accomplish and then put in the effort. Sometimes we can break out of the negative self-talk by writing a daily gratitude list. This reminds us that we have things of value in our lives. Try not to take important things for granted, be thankful you have them. Working to become more positive takes effort but it is well worth it.

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at [EAP4YOU.com](http://EAP4YOU.com), through video, live chat or text message. Reach out to learn more about the many ways you can receive support from your Employee Assistance Program.