

# Counseling Corner

## Whiteford Elementary School

### 6 REASONS TO PRACTICE POSITIVE SELF-TALK

WWW.THEPATHWAY2SUCCESS.COM



Builds self-confidence and self-love



Teaches a meaningful coping skill



Improves perspective-taking skills



Encourages problem-solving skills



Builds perseverance and resilience



Improves attitude and motivation

## Engaging in Positive Self-Talk

Self-talk is the monologue we have with ourselves, and it can be external (the statements we speak about ourselves aloud), or it can be internal (the thoughts we think about ourselves inside our minds). We may not always be aware when we are engaging in self-talk, but we do it all day long! The messages we send ourselves can be intentional or random, and they can also be negative or positive. Negative self-talk can be harmful to our confidence, academic performance, and overall well-being. Positive self-talk is an essential coping skill that everyone can benefit from. It can help us change our perspective and enhance our confidence. The key goal of positive self-talk is to teach our minds to identify our strengths, areas for improvement, and driving forces to move forward. This approach helps people realize that their setbacks do not determine their worth, and they can overcome obstacles to reach their goals and dreams. Keep reading to learn how you can support your child in learning and practicing positive self-talk at home!

### 1 Create Awareness of Negative Self-Talk

Negative self-talk can have a significant impact on our mental health and quality of life. However, many people are unaware of the influence that it has on their thoughts and behavior. As a parent or caregiver, you can help your child recognize and overcome negative self-talk at home. Encourage them to identify and challenge negative thoughts and statements about themselves. Together, you can flip these negative thoughts into positive self-talk. For instance, if your child says, "I can't do this," suggest adding the word "yet" to the end of the sentence. This transforms the statement into "I can't do this yet!" - a positive self-talk example that can motivate them to continue to push forward. With practice, positive self-talk can become a habit and lead to a more positive mindset.

### 2 Focus on Effort

Encouraging children to focus on their effort, rather than just the end result, can be highly beneficial. Whether it's a board game, sports tournament, or test grade, praising the effort they put in is more valuable than only focusing on the outcome. As adults, we understand that life doesn't always go as planned. However, it can be challenging for children to understand this when they put in a lot of effort but don't achieve the expected results. Helping them to understand that it's okay for things to go awry can have a positive impact on their internal and external conversations. Additionally, praising children's efforts encourages them to continue putting in the work and effort. This helps them activate a growth mindset!

### 3 Normalize Recognizing Strengths

Children often feel like they are showing off when acknowledging their strengths or identifying their talents. However, understanding one's strengths and areas for growth is a crucial life skill that will benefit them in the long run. A simple way to develop this skill is by encouraging your child to reflect on what they appreciate about themselves regularly. Initially, you might need to help them recognize their strengths or discover their talents as they may not see them immediately. By mastering this skill, children can boost their confidence significantly and enhance both their inner and outer monologue.