

It begins
with me!



Mental Health Challenge

It Begins With Me!

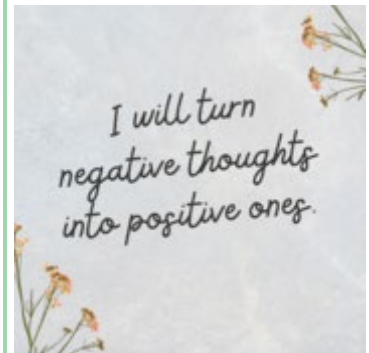
Thank you for registering in the [“It Begins With Me!” challenge](#). We are excited to have you join us kick off National Mental Health Awareness month with this introspective challenge and hope that it allows you to become self-reflective every day.

[Week One Tracking Form](#)

Each Friday you will be provided a tracking sheet for the following week. You will also receive a link to the Smartsheet to submit the one reflection from your week that improved your mental or emotional well-being. Each weekly Smartsheet you submit enters you into a drawing for a \$100 gift card.

Positive Self-Talk

Our patterns of self-talk are all too often negative – we focus on preconceived ideas that we’re *‘not good enough’* or *‘always a failure’* or *‘can’t do anything right’*. When you practice positive self-talk, your general outlook becomes more optimistic. Engaging in positive self-talk can be very beneficial as it can improve your mental health, enhance your performance and your relationships.



Turn negative self-talk into positive self talk

When you catch yourself thinking negatively turn it into a positive. Example:

Negative: I have never done this before and I'll be bad at it.

Positive: This is a wonderful opportunity for me to learn from others and grow.

Resource: [Healthline](#)



Examples of positive self-talk

What do you love about yourself?

- I love that I am NOT afraid to take risks.
- I am adventurous.
- I am a loving and supportive partner.
- I am a resilient survivor.
- I respect and love diversity of any kind, which makes me open-minded and accepting.
- I am strongly, profoundly committed to my recovery from trauma and everything else I struggle with.

What have you improved about yourself?

- Finding things I am grateful for
- Starting the day with a positive affirmation
- Level of confidence

What do you accept about yourself?

- I am a good and caring person and deserve to be treated with respect.
- I am capable of achieving success in my life.
- I have the power to change my mind.
- I deserve to be happy.

Identify your type of negative thinking and self-talk.

Personalizing - You blaming yourself for everything

Magnifying - You focus on the negative aspects of a situation, ignoring any and all of the positive.

Catastrophizing - You expect the worst, and you rarely let logic and reason persuade you otherwise.

Polarizing - You see the world in black and white, or good and bad. There's nothing in between and no middle ground for processing and categorizing life events.

Resource: [Healthline](#)

Daily Practice:

Identify negative self-talk traps. Notice certain situations/scenarios that may cause you to have more self doubt and lead to negative self-talk.

Check in with your emotions periodically. When you notice yourself thinking negatively about yourself stop and ask yourself how you can turn it into something positive.

Surround yourself with positive people. Believe it or not, but other people's outlooks and emotions can have an impact on your own outlook and emotions. Choose to be around positive people when you can.

Give yourself positive affirmations.

Resource: [Healthline](#)



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