

Negative Self Talk

Watch what you say to yourself during a stressful moment. Thoughts like “what an idiot” or “I can’t handle this” just add to your stress. Try reversing negative thoughts and think, “even though I make a mistake now and then, I’m a respected and well-liked person” or “I CAN handle this!”

Who’s in charge of your thoughts?

Theoretically, you could choose to think a thought that would reduce your stress rather than a thought that would add to it.

Your choice.

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