

# SELF TALK



# A KID'S SELF TALK



SELF-TALK CAN INFLUENCE KIDS' BEHAVIORS. SPECIFICALLY, POSITIVE SELF-TALK CAN MOTIVATE CHILDREN TO TAKE ACTION AND FACE CHALLENGES. IMPACTS DECISION-MAKING. HOW KIDS TALK TO THEMSELVES CAN IMPACT THEIR PROBLEM-SOLVING AND DECISION-MAKING SKILLS.





# HOW TO PRACTICE POSITIVE SELF TALK ?



1. Start in the morning. Set yourself up for success by practicing positive self talk in the morning.
2. Weave it into your routine.
3. Work with your inner critic.
4. Refer to yourself in the third person.
5. Set daily reminders.
6. Check-in with yourself.
7. Stay present.





# ANXIETY



Anxiety is a normal reaction to stress. Mild levels of anxiety can be beneficial in some situations. It can alert us to dangers and help us prepare and pay attention. Anxiety disorders differ from normal feelings of nervousness or anxiousness and involve excessive fear or anxiety.

Hi guys! I'm anxiety, come watch inside out 2!



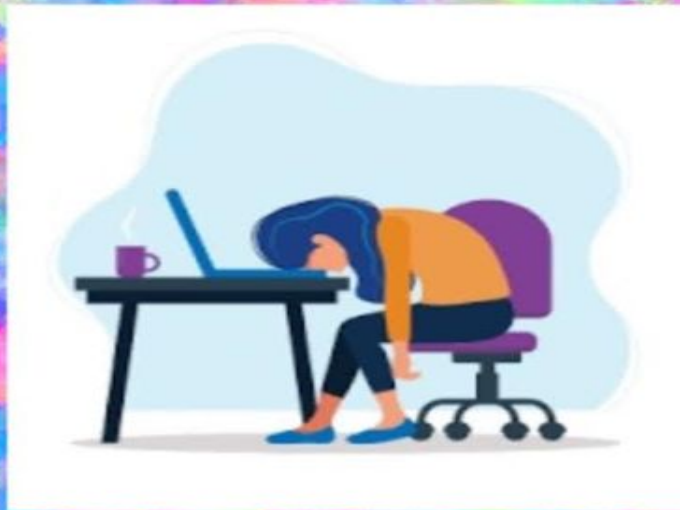




# OVERWHELMED



When overwhelmed, a person is flooded by thoughts, emotions, and physical sensations often related to a specific problem that can be difficult for them to manage







# STRESS



STRESS CAN BE DEFINED AS A STATE OF WORRY OR MENTAL TENSION CAUSED BY A DIFFICULT SITUATION. STRESS IS A NATURAL HUMAN RESPONSE THAT PROMPTS US TO ADDRESS CHALLENGES AND THREATS IN OUR LIVES. EVERYONE EXPERIENCES STRESS TO SOME DEGREE.



BRAIN



# HOW STRESS CAN MAKE YOU FEEL

IRRITABLE, ANGRY, IMPATIENT OR WOUND UP.

OVER-BURDENED OR OVERWHELMED.

ANXIOUS, NERVOUS OR AFRAID.

LIKE YOUR THOUGHTS ARE RACING AND YOU CAN'T SWITCH OFF.

UNABLE TO ENJOY YOURSELF.

DEPRESSED.

UNINTERESTED IN LIFE.

LIKE YOU'VE LOST YOUR SENSE OF HUMOUR.





Thank you for listening  
and I want you to know  
it's okay to not be okay.





THE END



# References

<https://www.who.int/news-room/questions-and-answers/item/stress#:~:text=What%20is%20stress%3F>

