



Negative self talk causes overwhelm...

In first aid they teach how to manage wounds by minimising further trauma and risk, reducing pain, shock and bleeding where possible and making the person comfortable. But so often we don't do the same after an emotional injury. Have you ever experienced a challenging situation like a 'rejection' or a 'failure', then blamed yourself for not being enough in that moment? *"I should have...(done more, been more, been different or something else other than what I am)."* It would be akin to having a wound and going, *"Gee, I'm already bleeding, let's make it deeper and more painful. How much worse can I make it?"* *

Thoughts are not always trustworthy...

Negative self talk can be very destructive. It can lead to long term depression, anxiety and feeling very overwhelmed. Done for long enough, it's also as damaging as cigarette smoking to long term health. You are much more likely to attract harmful situations if you're beating yourself up on the inside. The saddest effect of negative self talk is that it can lead to feeling exceptionally helpless and hopeless, which has a massive impact on the people you love. It's heartbreaking for them to watch. Even more so if they start copying you. So if you start berating yourself harshly and feeling very pessimistic it's time to implement a strategy and do it fast!

Stop ruminating (brooding)!

This is the time to be a drill sergeant on yourself. If you're plagued by negative self talk, implement this rule for one week and stick to it like your life depends on it. Use **distraction for 2 minutes** or more, to break the mental cycle. Distraction can mean: exercise, something creative, socialising, reading, watching a movie, changing the internal subject to something you feel grateful for or successful about, playing with your children or having a cup of tea. During these 2 minutes, absolutely forbid yourself space and time to keep thinking the negative thoughts. They're off limits. The next time you catch them returning, again go into 2 minutes distraction time or more. Keep doing this all week and you'll find the tendency to negative self talk will sharply diminish.

*Guy Winch, Tedx, Emotional Hygiene.

- ✓ Negative self talk leads to long term illness; mental, emotional and physical.
- ✓ We wouldn't inflict more harm on a bleeding wound, so it's not logical to do it to an emotional one.
- ✓ Use 2 minutes of distraction to stop the mind becoming stuck on negative thinking.

"There's nothing in a caterpillar that tells you it's going to be a butterfly."

R. Buckminster Fuller

Roxy loves helping women develop emotional resilience so that they can enjoy fulfilling and contented relationships, which survive the ups and downs of life. Having experienced the challenges of being a single parent, juggling being a mum and a practitioner, building a business or two and overcoming anxiety and post-natal depression, she has a vast knowledge of how to minimise the struggle and use practical strategies that really work!



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Bare Hands
Practical life strategies for women

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au