E-mail Copy

A close up of a logo

Description automatically generated

Let’s be honest, we all talk to ourselves! Sometimes we talk out loud, but usually we do it in our heads. Self-talk can be positive or negative, and when we use positive self-talk, it can help us calm down and control stress. If you find yourself engaged in negative self-talk, you can change the script.

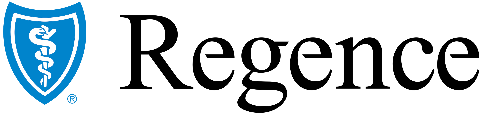
**Don’t be discouraged!**

Changing the way you think and talk to yourself isn’t always easy. Some smaller steps that may help you along the way include:

* Posting positive affirmations somewhere you will see them daily.
* Focusing only on the things that you can accomplish in the moment, rather than the long list of what needs to be done.
* Practice gratitude journaling and write down the best part of each day.
* Remember the power of “yet” (I can’t do this… **yet**, I don’t know… **yet**, this doesn’t work…**yet**).

Interested in learning more? Visit [heart.org/bewell](https://www.heart.org/en/healthy-living/healthy-lifestyle) for more healthy tips on how you can continue to Be Well.

Locally sponsored by



Sample social media

Positive Self-Talk

**Images**

A person wearing a white shirt

Description automatically generated A person holding a baby

Description automatically generated

Figure 2 - Twitter

Figure 1 - Facebook/Instagram

**Post copy: Facebook/Twitter**

We all talk to ourselves, but did you know that negative self-talk increases stress and positive self-talk can help you calm down and control stress? It’s true! Learn more  🡪 <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/3-tips-to-manage-stress>

**Post copy: Instagram**

We all talk to ourselves, #DYK know negative self-talk increases stress and positive self-talk can help you calm down and control stress? It’s true! Say something nice to yourself today.

**Sample hashtags:**

#stress #stopstress #stressreduction #health #healthy #healthyliving #healthylife #healthmatters #relax #reducestress #stressbuster #americanheartassociation #healthyforgood #ahapugetsound

Locally sponsored by:

A close up of a logo

Description automatically generated