

Welcome everyone!
The presentation
will start soon.



VCC Broadway is situated on the
unceded traditional territories of
the Musqueam, Squamish and
Tsleil-Waututh Nations.



How Self-Talk Helps or Hinders Your Resilience and Wellness:



Strategies to unlock the
inherent healing power of
your brain and body

By KJ Hills with assistance from Doreen
Chui-Chai



What is self-talk?

Self talk is an internal narrative or running dialogue.

- It can be in our heads or spoken out loud.
- It consists of a mixture of conscious and unconscious beliefs and biases.
- It can be directed towards ourselves or other people.



Why does self-talk have the power to help or hinder our wellness and resilience?



The way we think about what happens to us affects how we feel about it and how we respond.



Self-talk is directly related to self-esteem, which affects our resilience and sense of well-being.



Some thinking patterns can drive anxiety and depression.



Other kinds of thinking patterns reduce stress, support a strong immune system, and help improve physical health.



In general, there are 2 types of self-talk:

Negative

Positive



Positive self-talk

We are bombarded daily by positive sayings and images.

These can be helpful but sometimes may seem cliché, trite or confusing.

Positive thinking on its own is not enough.

It's important to choose carefully the words we use to encourage others.



NO CHALLENGE



IS TOO BIG

The point is not to ignore negative self-talk or overlay it with cheerful positivity.



Where does negative self-talk come from?



- Often it comes as an echo from authority figures from our childhood.
- Usually, our negative self-talk is there to protect us physically from danger or emotionally from perceived failure.
- Sometimes it can actually motivate us towards reaching our goals, but when excessive, it can do more harm than good.
i.e. "You're a grown woman!"

Nick Wignall, clinical
psychologist and author

“Merely understanding that we
have inaccurate self-talk isn’t
enough; it’s the habit of
regularly catching ourselves in
the act of this inaccurate self-
talk that matters.”



To support well-being, we want to learn to control the volume of self-talk.

Many articles tell us the key is to turn down or off the negative and turn up the positive.

However, this approach misses an important step.



Step 1

Turn up the volume of negative self-talk.

- Be aware and curious.
- Listen.
- Face it; bring it to the light.
- Be thankful.
- Name it.



What are some different names for negative self talk?

Psychologists call these
“Cognitive distortions.”



Labeling: We describe ourselves or others in one extreme negative way.

“I’m so stupid.

“He’s such a jerk.”



Magnifying/minimizing: We maximize our errors or dismiss our strengths.

“I suck at skiing.”



Catastrophizing: We assume that the worst will happen, and that a failure will lead to an escalating cascade of negative events.

“ If I fall, I’m going to die.”



Mind reading: We assume we know what another person is thinking. We interpret their behaviour as negative when there are many explanations that could be neutral or even positive.

“My student turned off his camera. He must think I’m boring.”

Shirzad Chamine,
researcher, motivational
speaker, and author of
Positive Intelligence,

calls different kinds of negative
self-talk “Saboteurs” that turn
our natural strengths into our
greatest weaknesses.












Shirzad and his team have identified 10 Saboteurs, our good qualities taken to the extreme.

9 of them vary in degrees for each person.

For example, the "Pleaser."

STYLE

MOTIVATION

	Independance	Acceptance	Security
Assert	 CONTROLLER	 HYPER-ACHIEVER	 RESTLESS
Earn	 STICKLER	 PLEASER	 HYPER-VIGILANT
Avoid	 AVOIDER	 VICTIM	 HYPER-RATIONAL

One saboteur is universal and common to all of us, “The Judge,” “The Censor,” or “The Inner Critic.”



-is extremely critical of mistakes or shortcomings.



- is fixated on what is wrong with you or with others.



- causes you to worry obsessively or unnecessarily.



- warns you repeatedly about possible future risks.



wor•ry /'wərē/

verb: 1. to use your imagination
to create something you
do not want

See also: USELESS

Oh, the pressure!



Step 2

Turn down the volume of negative self talk.

Recognize it is happening and self-distance from it. How?

- Be playful.
- Be firm.
- Question the evidence.
- Distract yourself.
- Engage your non-thinking mind and bring yourself into the present moment.



Brene Brown, author, researcher, professor and motivational speaker,

in her book, *Daring Greatly*, calls the negative voices in her head "Gremlins."

Gremlins don't survive when you expose them to the light.

Do you remember in the *Wizard of Oz* how Dorothy got rid of the wicked witch of the west?

Sometimes it helps to give your negative voices funny names.



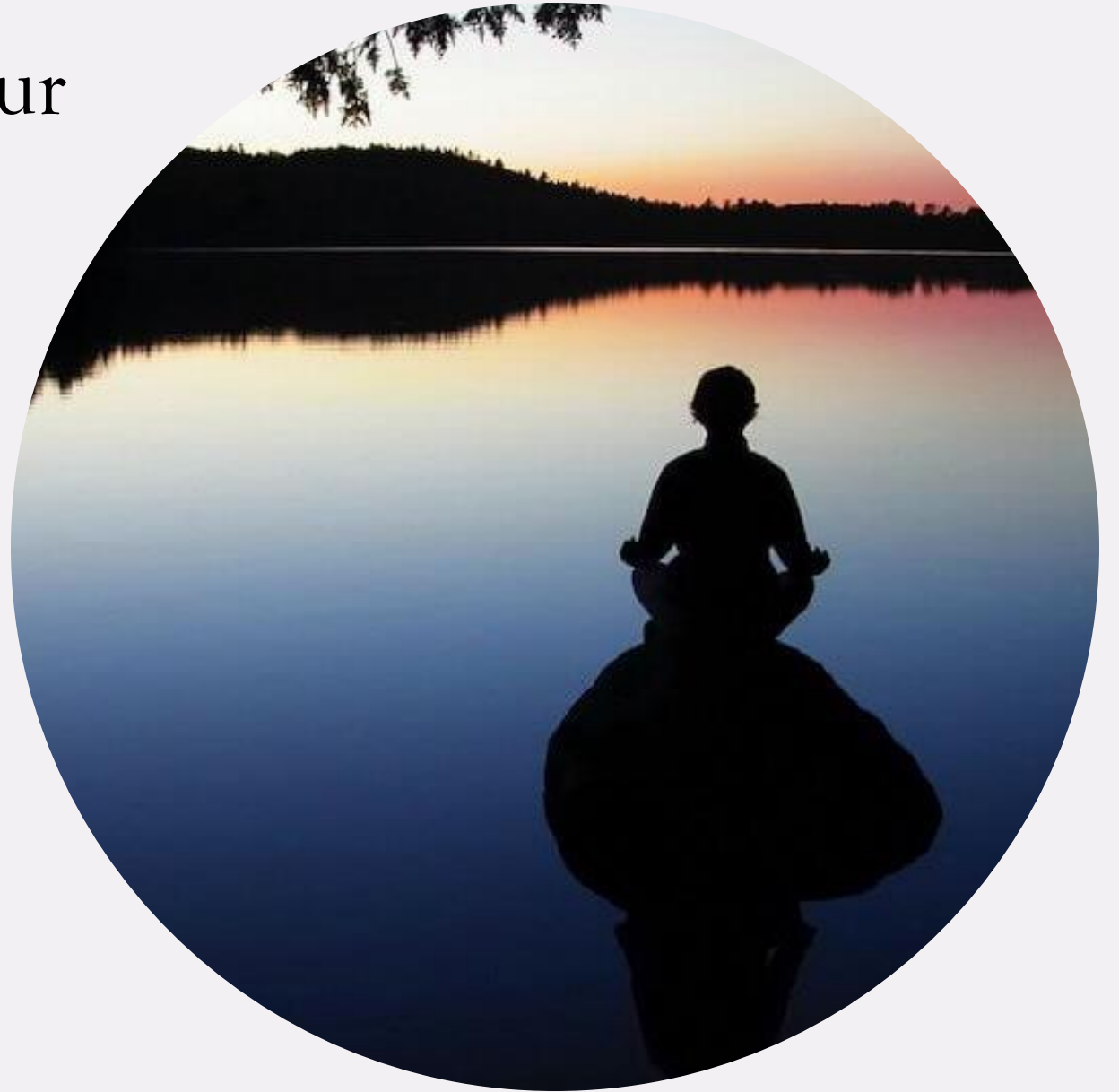
In *Miss Americana*, a documentary about Taylor Swift, her inner critic starts up, but she responds firmly with:

"Nope. We don't do that anymore. We do not do that anymore... We're changing the channel in our brain, and we're not doing that anymore. That didn't end us up in a good place."



Ways to engage your non-thinking brain and bring your self into the moment.

- Focus on your breath.
- Wiggle your toes and try to feel each one.
- Rub your forefinger and thumb together. Focus on feeling the sensations.
- Squeeze a ball in your left hand.
- Straighten your spine and feel the length of your backbone.



Step 3

Turn up the volume of positive self-talk.

- Make positive self talk your own.
- Focus on one word or short phrases.
- Practice, practice, practice with longer "Power thoughts" and phrases.
- Engage self-compassion and compassion for others.
- Transcend the self.



Effective positive self-talk

Studies have shown that for positive self-talk to be effective, refer to yourself in the second or third person, using "you" "he" or "she," or your name."

If you are drawn to first person, use "we" not "I."



That's a hard entrance!



Some other useful ideas when facing change:

- ✓ Develop and encourage in others a Growth Mindset.
- ✓ Learn from advances in neuroscience.
- ✓ See change as an opportunity for growth.
- ✓ Understand change may cause you to move out of your comfort zone.

Carol Dweck,
author, researcher and
Stanford professor,
known for the concept of

Growth Mindset

People with a growth
mindset feel their skills
and intelligence can be
improved with energy,
effort and persistence.



Growth mindset

- The brain is like a muscle that you can grow the way muscles grow through exercise.
- With growth mindset, the process—not the outcome—is the most important component.
- Too much focus on the outcome creates pressure anxiety, a “perpetual feeling of uncertainty, fear, or even dread” about whether you can perform as you should or how others expect you to.
- With practice, you will see pressure situations as challenges that build confidence.



Neuroscience

- To develop physical strong muscles, you have to challenge them with exercise.
- To develop your brain, you need to face new challenges.
- Changing ineffective thinking habits takes practice.
- 15 minutes of daily practice for 6-8 weeks creates and builds new neuropathways.



Change is hard, even
if we want and
welcome it.



Change pushes us out of
our comfort zone.

The benefit is growth.



Quotes from the experts:

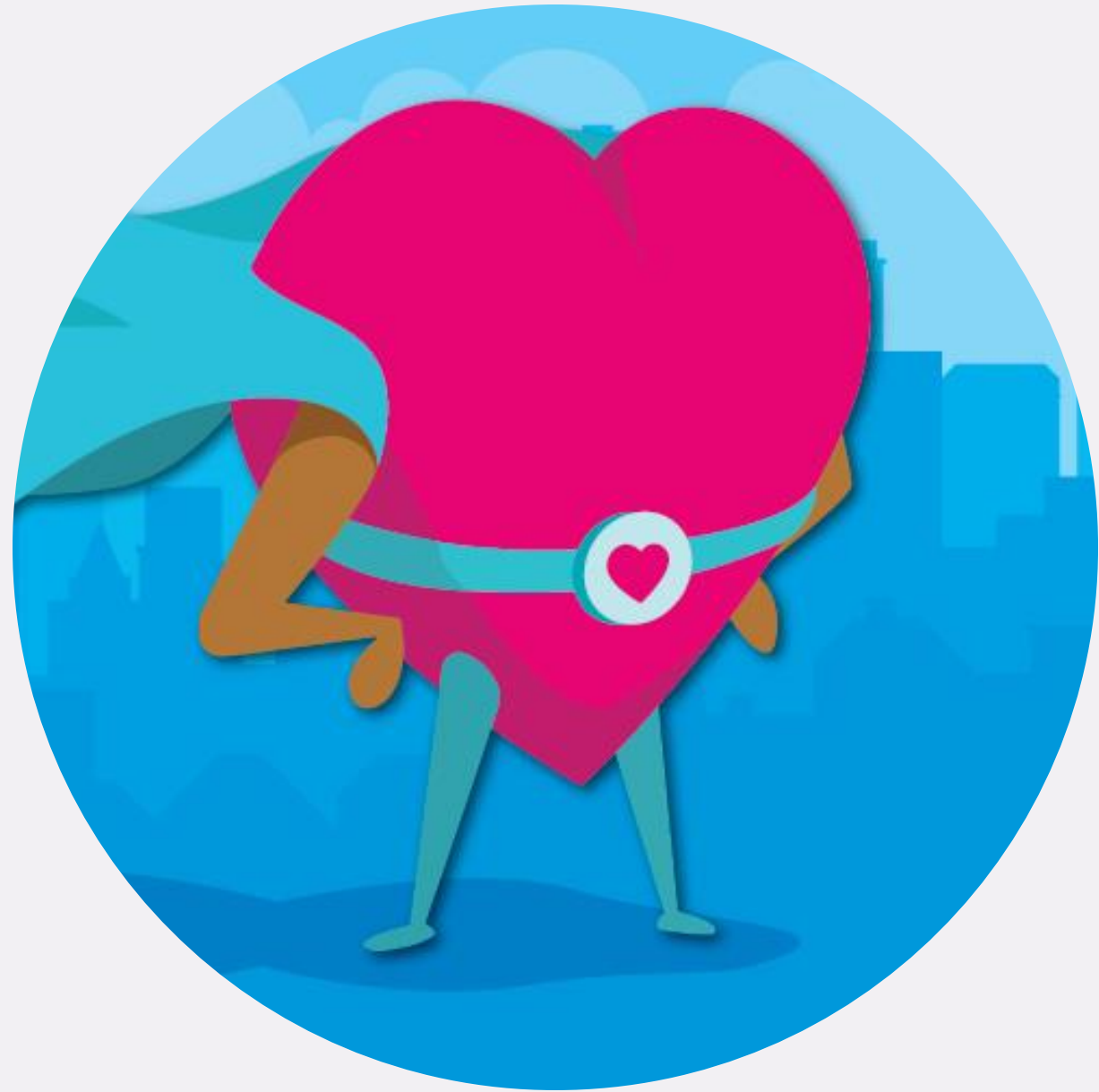
- "Talk to yourself like you would talk to someone you love." Brene Brown
- "How do we shift towards the light and away from the darkness? If we can do this, we change ourselves and change the world." Shirzad Chamine
- "Change from a "ranking" mindset to an "excellence" mindset. Develop yourself to your fullest capacity. Do your best rather than try to outperform others. Striving to be better than your current self is a healthier perspective."- Hendrie Weisinger and JP Pawliw-Fry
- "This is hard. I can't do this....yet." Carol Dweck

Final thoughts

- As humans, we are all 'works-in-process.'
- Learning to control the volume of your self-talk will allow your strengths to build.
- Confidence drives resilience and well-being.
- Each of us has something uniquely special to offer the world. What is your superpower?
- Make it your mission to find it, bring it forth, and inspire it in others.

Change is unavoidable.

You got this!



Thank you for
listening!

Any questions?

