



SCALE BACK ON NEGATIVE SELF TALK TO KEEP YOURSELF MOTIVATED

Scale Back Alabama 2021 is ending but your journey to better health isn't. As you continue working towards your goals for a healthier lifestyle, try to avoid second guessing yourself and beating yourself up over choices related to food and physical activity. Every day of your health journey is going to look different, so go ahead and expect to have days where none of your choices go as planned. So stop the stinking thinking.....also known as negative self-talk.

Negative self-talk can be very sneaky, and sometimes we begin to believe those thoughts about ourselves as being factual. We start to accept that we'll never be able to live a healthier lifestyle. The very act of negative self-talk can keep us from reaching our goals. It can cause us to quit before we even start.

If you constantly tell yourself that you can't do something you will eventually believe that you can't. What if you reversed that mindset and began to tell yourself that you can do it? Changing your thoughts is not easy, and it does not happen overnight. However, the more you practice, the better you will become at stopping the negative self-talk in your head. Here are a few tips to help you scale back on negative self-talk and stay motivated on your journey to a healthier lifestyle.

Call It Out

As soon as you notice negative thoughts creeping in your mind, call them out and replace them with a positive thought. An example would be beating yourself up for eating one cookie and thinking you ruined your healthy eating plan. Instead of focusing on the one cookie you ate, think of how you ate the whole day or the whole week. Did you eat some fruits, veggies, whole grains, and protein? Then, one cookie does not take away all your good choices.

Write It Down

It can be really helpful to get a journal to write down your thoughts and emotions. Putting your thoughts down on paper can help you get them out of your head. Usually when we see things on paper we acknowledge the positive things and let go of the negative ones. Journaling can also show how much you have accomplished toward your goals. This can really help shut down the negative self-talk.

Focus on the Positive

You have the power to control what you think. Choose each day to practice focusing on the good. Choose to focus on the goals you have accomplished. Making an intentional effort to focus on the good might be difficult to do, but the more you practice it the better you will become at it.

FAMILY MATTERS: Do you talk badly about your (or others) weight or physical appearance around children? Try to avoid negative self-talk because you can have a major influence on a child's beliefs about body image and making healthy choices. They are listening to you and being positive about all body sizes helps them understand that health status is not solely determined by what someone looks like. There are many factors that can affect a person's health such as genetics, stress levels, physical inactivity, and the environment they live in.

LINKS:

Overcoming negative self-talk: <https://newsnetwork.mayoclinic.org/discussion/mayo-mindfulness-overcoming-negative-self-talk/>

Negative self-talk is ruining your health goals: <https://health.usnews.com/health-news/blogs/eat-run/2015/06/09/how-negative-self-talk-is-killing-your-health-and-weight-loss-goals>