



# MONDAYS

*with Mike*

## The importance of our emotional well-being

Emotional well-being refers to the presence of positive characteristics, such as being able to manage feelings, maintain positive relationships, and having a sense of purpose. This is much more than just being free from depression or anxiety.

One of the constant players in the emotional well-being world is our self-talk. This teammate can be helpful and supportive, or it can constantly try to take us down. The powerful fact is that we are the head coach and get to decide which player is in the game.

The Introspection Counseling Center recommends the following strategies to help us “game plan” for more positive self-talk:

- **Awareness.** Recognize when we are engaging in negative self-talk and understand what triggers it.
- **Challenge.** Question the truth of our negative self-statements. Are they based on facts, or just our fears and insecurities? Said another way, what is real and tangible?
- **Replace.** Replace negative thoughts with positive affirmations. Instead of saying, “I can’t do this,” say “I’ll do my best and learn from the experience.”

A nice rhythm for us to adopt would be:

1. When we sense negative self-talk creeping in, hit “mute” in our mind.
2. Challenge the facts of what arrived in our mind.
3. Replace the thought with a positive affirmation of what we will do and act upon.

### **Mute – Challenge – Replace.**

Let those three words dominate our self-talk when we sense it to be less than positive or desirable. Emotional well-being is a muscle that we can strengthen. And, we have a free gym membership to work this out!

Have an emotionally positive start to your week!