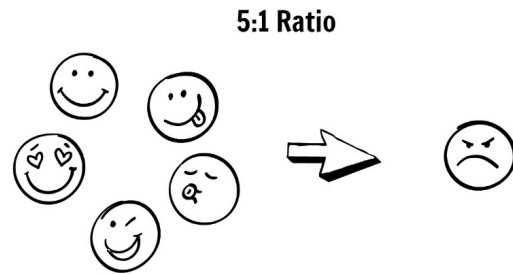


Negative Self-Talk

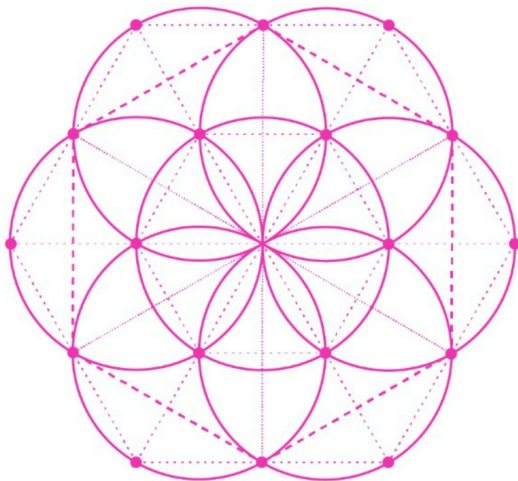
There's a 5:1 ratio when it comes to positive and negative thoughts. For every negative thought we have, it takes focusing on 5 positive thoughts to bring us back to a balanced mental state.



- ♥ Write down your negative thoughts + feelings
- ♥ Cross them out one by one
- ♥ "This thought doesn't serve me"
- ♥ Toss it, burn it, throw it away, shred it into oblivion

One way to let go of negative self-talk and doubt is to write down everything that's worrying us or not serving us and then cross each statement out, throw it away, burn it, and give ourselves permission to stop holding on to them.

You can activate your Parasympathetic Nervous System (PNS) responsible for "Rest & Digest" to instantly calm your body and mind with breathing exercises and meditation.



Breathe in for 4 seconds

Hold your breath for 7 seconds

Breathe back out slowly for 8 seconds