

BE Positive!

Negative self-talk often leads to anxiety and depression through self-fulfilling prophecies, a common issue in which you start believing your own negative propaganda and bring about exactly what you fear.

Here are several key strategies about using affirmations:

- Affirmations must be firm, defined statements. Conditional affirmations are not nearly as effective. Avoid words like “hope,” “should,” or “wish” because these are soft and lack the confidence to be effective.
- Keep affirmations in the present tense. They should not be something you will become in the future; they should always speak to what you are now.
- Repetition and frequency is critical. We all know the power of repetition when building new habits. The thoughts we have today are simply habits we’ve solidified throughout our lives, so applying affirmations frequently is the key to rebuilding them. Just before bed at night and first thing in the morning are the two most powerful times to employ affirmations.
- While saying affirmations to yourself is a start, saying them out loud is more powerful. Writing them down is even more potent. The most impactful time to make an affirmation is in the moment of need (e.g. saying or writing the affirmation, “I am good at math” while you are taking a math test).
- It is important to manage the number of affirmations. Prioritize the top 3 to 5 and start off by focusing on those. You can always expand into new areas over time.

Here are 37 positive affirmations for teens to help them combat negative thinking:

To increase self-esteem and body image:

1. I embrace my flaws because I know that nobody is perfect
2. I don’t want to look like anyone but myself
3. I get better every day in every way
4. My self-worth is not determined by a number on a scale
5. I matter, and what I have to offer this world also matters
6. I love myself deeply and completely

To help them deal with adversity

7. This too shall pass
8. Failure is great feedback
9. I am confident about solving life’s problems successfully
10. I learn from my challenges and always find ways to overcome them
11. Everything works out for the best possible good
12. I press on because I believe in my path

To encourage them to believe in their future

13. If I can conceive it and believe it, I can achieve it
14. The future is good, and I look toward it with hope and happiness
15. I can do whatever I focus my mind on
16. I follow my dreams no matter what
17. All my problems have solutions
18. I am open to all possibilities

To reduce comparing themselves to others

19. I compare myself only to my highest self
20. I am not trying to fit in, because I was born to stand out
21. I refrain from comparing myself to others
22. Beauty comes in all shapes and sizes
23. I am who I want to be starting right now
24. I see perfection in both my virtues and my flaws

To deal with bullying or social conflict





25. I belong, and I am good enough
26. No one can [make me feel inferior](#) without my consent
27. I surround myself with people who treat me well
28. I see the beauty in others
29. I am safe and sound, and all is well
30. It is okay to say no because those who matter don’t mind and those who mind don’t matter

To improve their overall attitude

31. I am perfect and complete just the way I am
32. I control my emotions; they don’t control me
33. I am too big a gift to this world to feel self-pity
34. Today is the best day of my life
35. I fill my day with hope and face it with joy
36. I choose to fully participate in this existence
37. The mistakes I made yesterday are creating the person I’ll be tomorrow





From Mental Health America

Tips For Challenging Negative Thoughts

	<p>Reframe. Think of a different way to view the situation. If your negative thought is “I can’t do anything right,” a kinder way to reframe it is, “I messed up, but nobody’s perfect,” or a more constructive thought is “I messed up, but now I know to prepare more for next time.” It can be hard to do this when you’re feeling down on yourself, so ask yourself what you’d tell your best friend if they were saying those things about themselves.</p>
	<p>Prove yourself wrong. The things you do impact how you feel – what actions can you take to combat your negative thoughts? For instance, if you’re telling yourself you aren’t smart because you don’t understand how the stock market works, learn more about a subject you understand and enjoy, like history. If you feel like no one cares about you, call a friend. Give yourself evidence that these thoughts aren’t entirely true.</p>
	<p>Counter negative thoughts with positive ones. When you catch your inner dialogue being mean to you, make yourself say something nice to balance it out. This may feel cheesy at first and self-love can be hard, so don’t give up if it feels awkward in the beginning. Name things you love, like, or even just don’t hate about yourself – we all have to start somewhere!</p>
	<p>Remember: thoughts aren’t facts. Your thoughts and feelings are valid, but they aren’t always reality. You might feel ugly, but that doesn’t mean you are. Often times we can be our own worst enemies – other people are seeing us in a much nicer light than how we see ourselves.</p>

From Mental Health America

Tips For Taking Care Of Yourself

	<p>Accept yourself as you are. Remember that you are running your own race. Try not to compare your life and what it looks like right now to anyone else's. When you start comparing yourself to others, it's easy to feel inadequate, which makes it hard to even take the very first step in self-care. Instead, try your best to accept the person that you are and where you are in life right now.</p>
	<p>Focus on the basics. Sometimes being an adult is not easy and it can feel impossible to get even the littlest things done. Taking time for yourself doesn't necessarily mean treating yourself to special things. One of the most important things you can do is focus on steps to ensure you're living a healthy lifestyle. Showering and brushing your teeth every day, eating nutrient-rich food, moving your body, and getting good sleep are all building blocks of good self-care.</p>
	<p>Find what makes you happy. If you're caught up in taking care of all of your responsibilities — rather than taking care of yourself — you may not even really know what kind of self-care you need. What works for someone else may not work for you. Take time to think about what things you can do to make yourself feel happy or accomplished and include them in building the self-care routine that makes the most sense for you, your schedule, and your health overall.</p>
	<p>Practice mindfulness. Mindfulness is one of the best ways to make the most out of any amount of time that you do have to care for yourself. Take a few slow, deep breaths, focus on each of your senses, and try to be fully present in whatever you're doing. Not only does mindfulness reduce stress, but it also has the power to help you slow down and really take care of yourself — even in the midst of all of life's challenges and responsibilities.</p>



Make small goals. Unfortunately, taking time for yourself doesn't just happen overnight, so try to be patient. Instead of putting pressure on yourself to immediately have the perfect self-care routine established, set small goals that you want to accomplish for yourself. Focus on small, daily tasks like wanting to take a 15-minute walk outside each day, or journaling for 10 minutes every night — rather than a complete overhaul of your life, all at once.



Set some boundaries. Sometimes, the only way to really be able to make time for self-care is to lessen the amount of time or energy that you are giving away to other people. Having the sometimes tough conversations with people that set boundaries around your time, your emotions, your things, your other relationships, your health, and your opinions can give you an opportunity to devote more time and effort to yourself and your own mental health.



Remember that you are not alone. Everyone struggles to take time for themselves, so try not to get down on yourself for not having everything perfectly balanced all of the time. As circumstances change, you'll probably have to rethink your routines and how you use your time many times throughout your life. There will always be people that understand where you're coming from and are willing to help. Ask your friends and family for help when you need to take some time for your mental health. They may even be able to offer you some guidance on how they manage self-care and take time for their own well-being.