

YEAR OF VALUES

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# R.E.S.P.E.C.T.

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PROVOCATION NO. 3



# *Self-talk*

is anything that you say  
to yourself. These  
thoughts can be in your  
head or out loud.

We have explored the importance of offering R.E.S.P.E.C.T. to others in difficult situations.

But, what happens when we find ourselves in difficult or stressful situations that do not involve others?

How can we offer R.E.S.P.E.C.T. to ourselves and rise above the challenges?

The right kind of self-talk can help!

Many athletes have been learning from psychologists about the power of self-talk for quite some time. Harnessing positive self-talk enhances their game.

However, when negative thoughts take over; there is decreased performance. Negative self-talk can also cause high rates of depression and anxiety.

We can learn a lot from sports psychology regarding self-talk, and we can apply it to our work at Stable Kernel.

# *Positivity*

doesn't just change the  
contents of your mind,  
trading bad thoughts for  
good ones... it  
widens the span of  
possibilities that you see.

For this week's provocation,  
we are going to discover some  
ways we can get those negative  
thoughts out of our heads.  
Doing so will allow us to push  
through and conquer what's  
in front of us in a more positive  
and healthy way.

# *1. Accept some anxiety as normal.*

Practice mindfulness in stressful situations:

- take a deep breath
- recognize your anxious feelings
- accept them
- begin your work

## *2. Challenge your negative thoughts.*

Our negative thoughts are usually irrational and untrue. Challenging them loosens their grip on you.



### *3. Speak to yourself as you would speak to your best friend.*

We are often our own worst critics. Try approaching self-talk with kindness for yourself.

If that doesn't work, try distancing yourself from the situation by speaking to yourself in the third person—that's what LeBron James does!

## *4. Practice positive self-talk.*

Any new habit takes practice.

The next time negative thoughts creep up, fight back with positivity!

Soon you'll discover those negative thoughts have lost their hold on you.