



MENTAL HEALTH MINUTE

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The Importance of Positive Self-Talk

Positive self-talk is a powerful tool that can shape your mindset by boosting confidence and improving overall well-being. The way you speak to and about yourself can influence how you handle stress, overcome challenges and pursue goals. Replacing negative inner dialogue with compassionate affirmations can help you reform thinking patterns and create a more optimistic outlook.

Consider the following tips for practicing positive self-talk every day:

- **Choose a consistent time each day to say self-affirmations.** Consider setting an alarm each day to get into a routine of repeating affirmations to yourself. This could be when you first wake up or before you go to bed.
- **Place notes or artwork around your home that have self-affirmations on them.** It can help to have visual reminders to practice positive self-talk. Many people choose to write them on sticky notes and place them on a mirror

or near their workspaces.

- **Start a journal.** Many people prefer to write self-affirmations instead of saying them. Create a journal where you write positive self-talk and reflect on your progress.
- **Recognize negative self-talk and replace it.** It is essential to notice the moments when you say unkind things to yourself. Take a moment to reframe your thoughts and say a positive affirmation instead.

Remember, practicing positive self-talk is a journey, so the process of finding affirmations that benefit you should grow and evolve. These tips offer a starting point to begin your positive self-talk routine.

Don't hesitate to seek support from a trained health care provider if you need assistance with your mental well-being.

Do You Know About 988?

The National Suicide Prevention Lifeline (Lifeline) was established in 2005 to help those in crisis. In 2022, the Lifeline simplified its number to 988 to make it easier for people to remember and access. In the three years since its relaunch, the call volume has increased by an estimated 40%. The Substance Abuse and Mental Health Services Administration reports that the Lifeline has answered over 13 million calls, chats and texts across the country and its territories.

September is Suicide Awareness Month, a time to raise awareness, promote prevention efforts and support those affected by suicide. Suicide remains one of the leading causes of death in the United States, with an estimated 49,000 lives lost each year. Understanding how to use 988 can make a life-saving difference.

How It Works

Using the Lifeline is free and confidential. When a person calls 988, they are given the option to connect to the Veterans Crisis Line, access help in Spanish or remain on the line.

If you speak a language other than English or Spanish, the 988 Lifeline uses Language Line Solutions to provide interpretation to callers in more than 240 additional languages. A video chat option is also available for people who are deaf or hard of hearing.

Once the call is routed, a trained counselor will listen, provide support and share resources. If the counselor feels the person is in danger, they will call emergency services with 911, but their goal is to do everything they can to help with a less invasive plan.

If the person prefers, they can text or chat online with a counselor in Spanish or English. Before they are connected with a counselor, they will be asked to fill out a quick survey.

Regardless of the method of contact, the 988 Lifeline is intended to alleviate emotional distress and offer support.

Getting Help

Call or text 988 or visit 988lifeline.org if you or someone you know is experiencing mental health-related distress.

For further guidance, contact a mental health professional.