Stress Management

Lesson 6: Using Self-Talk

When you are under a lot of stress, it may help to say something to yourself that will clam you down a little. The following are some self-talk statements that can help.

* “I will learn from this situation and will be a better person because of it.”
* “I know someone who will listen to me and understand my feelings.”
* “Don’t sweat the small stuff…and this is small stuff, really.”
* “There are no failures, only different degrees of success.”
* “In the long run, is this going to be really important?”
* “This situation is not a problem, it is an opportunity.”
* “This situation is not a difficulty, it is a challenge.”
* “I can remain calm with this difficult person.”
* “No matter what happens, I will be okay.”
* “I can bear anything for a while.”
* “I am a worthwhile person!”
* “I am doing the best I can.”
* “This, too, shall pass.”
* “I am true to myself.”
* “One step at a time.”