

Reflection #3 (pick-up #1) Eng I and Eng IV

Read the article. Do you agree with the assertion of the author? What if any affirming statements do you currently use when you need a “pep talk”? Write about how this works for you and write about at least one time when it helped get you through. What could you do to improve positive self-talk in the future or start it if you don’t currently use it?

Strategies for De-Stressing Affirmations

Affirmations are statements that express love, acceptance and, often, a joyous vision for your self and your life. A stream of positive thoughts can drown out more negative ones. Try incorporating simple affirmations, such as "I breathe in healing" or "I breathe out tension," into relaxation techniques. Or paste them to your mirror or another prominent place where you can read them several times a day. The more often you repeat an affirmation, the more likely you are to believe it and act on it.

Whether you write your own affirmation or borrow one from a helpful bumper sticker ("One day at a time"), the words should resonate for you. When creating an affirmation, choose a stressful aspect of your life and decide what a positive outcome would be or how you wish you felt about the situation. Try to craft first-person present-tense statements:

"I can do this."

"I am doing my best."

"I am calm."

"I deserve respect."

"Week by week, I am growing healthier and stronger."

"I can relax my body."

"I am a loving, caring person."

Imagine these techniques and self-nurturing acts as dry seeds for a garden. Lush growth rewards those who do more than scratch the earth, toss in a few seeds, and step back to see what comes up. Dig deep. Water frequently. Remove choking weeds from the plot when necessary. Combining the richness of your past experiences, a willingness to expand your current boundaries, and a desire to fill your life with courage, love, and joy can make a great deal of difference in what you reap.