



ABOVE & BEYOND

Transforming the workforce. Transforming lives.

Practical suggestions for reducing stress & increasing your wellbeing

How do you talk to yourself?

We are often our worst critic – never allowing ourselves to make a mistake. This piles on the pressure, creates anxiety and reduces our sense of wellbeing. The following exercise is not easy but it is very effective.

Practice **'thought stopping'**. Recognise your unhelpful thought and tell yourself to "STOP". Then RETHINK and TELL yourself alternative constructive thoughts.

- **Don't catastrophize.** When you think nothing could be worse, remind yourself that turning yourself inside out won't help. TELL yourself that you will do the best you can and the world will not collapse.
- If **work colleagues** do things in a way that irritate you, TELL yourself that this is not how I would do it but I can't expect everyone to do it my way. See it from their perspective.
- **Put things in perspective.** Don't magnify the situation. No matter how bad you think the situation is, TELL yourself it's not such a big deal, that it will pass and all things considered, it is probably quite small.
- When you think you are being **victimised or blamed** by someone, TELL yourself they may not know the situation fully or that you may not have all the facts.

Talk to yourself.....and be nice

- **Talk positively to yourself.** Remind yourself that you are competent, that the situation won't last forever and that you have dealt with difficult situations before and can do it again.
- **Relinquish perfection.** Setting unrealistic goals and trying to be 'everything to everyone' is impossible. Recognise that we all have limitations and view mistakes as a learning experience. Adjust your expectations of yourself and your work colleagues
- **Don't blame or criticise yourself** for not meeting everyone else's needs. The demands of your job are extreme so remind yourself of the good things you have achieved in your day.
- **Learn to say 'no'.** Do it nicely of course but being assertive when required and not taking on extra workload where possible does not make you a self-centred or uncaring person.

