

Positive Self Talk

October



ST ARMANDS KEY LUTHERAN CHURCH

POTTY POST

Five Ways to Outfox Your Brain and Achieve

1. **Think you can.** Visualizing physical success (you achieving your goal) boosts mental toughness and can be a key predictor of performance. "Imagining a situation reinforces the same neural pathways as the executed behavior," says Krista Chandler, PhD, of the University of Windsor. "When you attempt the task, your body will feel as if it has already done it."
2. **Keep it Positive.** Self-doubt can be a powerful saboteur, so change the dialogue. A recent meta-analysis by Greek researchers concluded positive self-talk reinforces your confidence and boosts your energy so you won't quit when you feel tired or challenged. Repeat phrases like "I feel good" or "I am strong" or "I can ____." Make it a daily practice to take time to reinforce your positive self-talk for the goals you want to achieve.
3. **Clear your mind.** Stress can hamper goal achievement. According to the Journal of Applied Psychology, stress commandeers areas of your mind in charge of attention - areas that would otherwise be used in the mind-muscle connection. Count to 4 as you slowly inhale and count to 4 as you slowly exhale as you refocus on your goal. Practice this breathing stress reliever every day and every time you feel the stress.
4. **Find your rhythm.** Scientists have long known that music can boost performance. The key is to find music that you find motivating. Create your mix and use it to boost your performance in achieving your goal.
5. **Memorize Scripture.** We demolish arguments and every pretension that sets itself up against the knowledge of God, and **we take captive every thought to make it obedient to Christ.**
2 Cor 10:5. Read and Memorize Philippians 4:4-8 & 12-13.

Exercise Classes

Get Fit - Tuesday & Thursday
8:45-9:30am

Theraband - Tuesdays & Thursdays
9:30-10:30 am

Basic Pilates - Tuesday at 3pm



Do you know someone in the hospital or are you planning to have surgery or hospitalization?

Any health concerns or questions? Call Tracey Rzepka, Parish Nurse at 388-3764