



UNIVERSITY OF EVANSVILLE

Office of Counseling Services

WELLNESS NEWSLETTER

September 2020

Featured Quote:

A negative mind will never give you a positive life – Unknown

Positive Self-Talk

That little voice inside our head... It's the narrator of our life but can sometimes be plain *mean*. When this happens, it's time to make a shift for the positive! Here are some tips for more positive self-talk:

1. **Talk to yourself like a friend** – If you wouldn't say it to a friend, don't say it to yourself
2. **Play to your strengths** – We all have strengths and weaknesses. Don't cry over your shortcomings and celebrate what you have to bring to the table
3. **Build a positive and uplifting support system** If we are surrounded by the negative, we will start to believe it. Surround yourself with people who support and encourage you
4. **Challenge negative thoughts** – Are your thoughts really true? Does this even matter? What evidence is there to support this thought? Likely there is no validity to this negative self-talk

You are amazing! You just have to start treating yourself that way!

Who doesn't love a quick and healthy snack?! Here's a staff pick for something delicious!

No Bake Energy Bites

Ingredients:

- 1 cup old fashioned oats
- 2/3 cup toasted shredded coconut (sweetened or unsweetened)
- 1/2 cup creamy peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup semisweet chocolate chips
- 1/3 cup honey or agave
- 1 Tbsp chia seeds
- 1tsp vanilla extract

Instructions:

1. Stir everything together in a large mixing bowl until combined
2. Chill in the fridge for 1-2 hrs. This will help it stick together better
3. Roll into balls about 1 inch in size
4. Serve – refrigerate in a sealed container for up to 1 week or freeze for up to 3 months

Featured App: Affirmations

Affirmations you can use to break the negative, automatic thoughts. Google - 4.7★



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