

# NURTURE A POSITIVE VIEW OF YOURSELF



CULTIVATING PREVENTION: RESILIENCE CAMPAIGN 2020-2021



**Strengthen resilience by developing confidence in your ability to trust your instincts and solve problems.**



## TRUST YOUR INSTINCTS

### Practice Making Decisions

- Identify 1-2 small decisions you can make today.

### Tune In to Your Intuition

- Listen to your head but also check in with the message your body might be sending you.
- Focus on your body and on your breathing. Ask yourself what your gut is telling you.

### Commit to Your Decision

- Make a choice based on what your head and your gut are telling you.
- State it out loud and notice how your body responds.

### Trust Yourself

- Recall a past situation when you trusted your instincts and knew you made the right choice.
- Reflect on how you came to a decision and knew that you selected the best option for that situation at that time.

## STRENGTHEN SELF-CONFIDENCE

- Identify a past situation when you felt proud of yourself for a choice you made.
- Visualize an image of yourself that highlights the strengths that supported you in making that choice.
- Translate what you see into a compliment for yourself. Write it down and post it somewhere you will see daily for a reminder.

**Always** Believe in Yourself!

## REPLACE SELF-CRITICISM WITH SELF-AFFIRMATION

- Avoid self-criticism and comparison to others.
- Acknowledge negative self-talk. Then choose not to engage with it. Instead, focus on your ability to overcome challenges.
- At the end of the day, take a few moments to note what has gone well and how you influenced it.

Adapted from American Psychological Association (APA). 2012 Building your resilience.