Workplace Strategies for Mental Health

Compliments of Canada Life

E-learning module

Tame your self-talk

What do you say to yourself each day? Self-talk is how we process our experiences, and it shapes how we see ourselves. But sometimes, we're harder on ourselves than we realize.

Some of us have a constant stream of negative self-talk. It can chip away at our confidence and happiness. The good news? You can change it—once you're aware.



Be aware

Take note of your self-talk



Be fair

Is your self-talk realistic?



Practice self-compassion

Rephrase your self-talk



Disrupt

Change self-talk patterns

Learn more about the taming your self-talk:

Tame your self-talk
clwsmh.com/self-talk

Window of tolerance (for stress)
clwsmh.com/window

Self-doubt and impostor syndrome
clwsmh.com/impostor-syndrome

Manage anxious or depressive thoughts
clwsmh.com/manage-thoughts

All Workplace Strategies resources are available to anyone at no cost, compliments of Canada Life. To learn more, visit clwsmh.com.

Canada Life and design are trademarks of The Canada Life Assurance Company.