



Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

Wellness Works | August 2022

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Positive Self-Affirmations: You Are What You Think

Positive self-affirmations are powerful. This self-care technique consists of repeating short positive statements to yourself to encourage uplifting thoughts and attitudes. [Research shows](#) that speaking kindly to yourself can decrease stress, improve problem solving skills, and build your confidence.

Like other mental health regimens (meditation, mindfulness, etc.), it will be most effective when you turn a one-time affair into a regular habit.

Here are a few tips for identifying a positive affirmation that will “stick.”

1. Choose a personal affirmation.

While platitudes are plentiful, research shows it is more effective to select a personally meaningful statement. Start by identifying a personal value (for example, authenticity). To reinforce this value, create a mantra, or affirmation, such as, “I am thriving as my authentic self” or “I am enough.” It is key to use language that is familiar to you, so it is believable. Picking an overly perky “you are perfect in every way” may be unsuccessful if you roll your eyes each time you say it.

2. Reframe negative thoughts or limiting beliefs.

Positive affirmations are opportunities to curb your inner critic. That sneaky little voice can undermine your confidence by using words like “can’t,” “never,” and “should.” You can create a [new neural pathway](#) in your brain by replacing these negative thoughts with positive affirmations. For example, if your inner critic tells you

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that you will never learn a new technology at work respond with a positive, judgement-free statement such as “I am capable of learning new things.” Over time, your subconscious accepts this positive statement as true and reduces the frequency of your negative internal dialogue.

3. Create a consistent positive affirmation habit.

Referring to a positive affirmation on occasion will not produce the same results as creating a daily regimen. Think about ideal touch points throughout the day when you can add a positive affirmation to your routine. Can you insert positive affirmations into your meditation or yoga practice? What about while you make dinner or fold laundry? Research shows that your brain is more receptive right before and after sleep, so bedtime is prime time to add a little positivity into your routine.

New habits take time to implement. You are more likely to find value in a [positive affirmation practice](#) if you choose a statement that is meaningful to you, curbs negative thoughts or beliefs, and is repeated consistently.

App Review: I am – Daily Affirmations

I am – Daily Affirmations is an app that helps users curb negative self-talk. Think of it as a personal guide to connective with daily intentions and positive affirmations.

Google Play Store Average Rating:

4.8 (117,000 ratings)

Pros:

Users describe “I am” as motivational, uplifting, and insightful. Fans appreciate the audio feature, which reads the affirmations aloud, and rave about the convenience. The app is WearOS compatible so is accessible on your watch as well.

Cons:

Some users critique the limited text and visual options available in the app. Others are frustrated by a recent update which moved some features to a paid subscription model and resulted in notifications not working as expected.

Is this app right for you?

You find yourself ruminating on negative thoughts and want to add a positive pick-me-up to your day. You seek a non-invasive tool to suggest affirmations.

***If you would like more information on this or other Wellness Resources please reach out to us at 602.955.0200.
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