

THE POWER OF **SELF-TALK** FOR PERFORMANCE ENHANCEMENT AND MENTAL HEALTH

»» Self-talk refers to the inner dialogue that runs through our minds throughout the day.

Benefits of Strategic Self-Talk for Performance Enhancement

1. Builds Confidence
2. Focuses Attention
3. Enhances Motivation
4. Manages Stress

Benefits of Effective Self-Talk for Mental Health

1. Improves Emotional Regulation
2. Enhances Self-Esteem
3. Increases Resilience
4. Better Coping

