



WEEKLY NEWSLETTER



by [Ericka Mollica Epstein](#)

POSITIVE VS. NEGATIVE SELF-TALK

What is self-talk?

Self-talk is basically your inner voice, the voice in your mind that says the things you don't necessarily say out loud. We often don't even realise that this running commentary is going on in the background, but our self-talk can have a big influence on how we feel about who we are.

The difference between positive and negative self-talk

Positive self-talk: makes you feel good about yourself and the things that are going on in your life. It's like having an optimistic voice in your head that always looks on the bright side.

Examples: 'I am doing the best I can', 'I can totally make it through this exam', 'I don't feel great right now, but things could be worse'

Negative self-talk makes you feel pretty crappy about yourself and the things that are going on. It can put a downer on anything, even something good.

Examples: 'I should be doing better', 'Everyone thinks I'm an idiot', 'Everything's crap', 'Nothing's ever going to get better.'

Negative self talk can affect people's everyday life, including their mental health and how they cope ahead with moment to moment situations.

Why should I practice?

The more you work on improving your self-talk, the easier you'll find it. It's kind of like practicing an instrument or going to sports training: it won't be easy to start with, but you'll get better with time.

It might not seem like much, but self-talk is a huge part of our self-esteem and confidence. By working on replacing negative self-talk with more positive self-talk, you're more likely to feel in control of stuff that's going on in your life and be able to achieve your goals.

3 Ways to Talk Yourself Up

1. Listen to what you are saying to yourself
 - Notice what your inner voice is saying to you
 - Is your self-talk mostly positive or negative
 - Each day make notes about what your thinking
2. Challenge your self talk
 - Is there any actual evidence for what I'm thinking?
 - What would I say if a friend were in a similar situation
 - Can i do anything to change what im feeling bad about
3. Change your self talk
 - Make a list of the positive things about yourself
 - Redirect your thoughts, instead of saying "I'll never be able to do this," try "is there anything I can do that will help me do this"

What can I do now?

Start monitoring your self talk and challenging any negative thoughts.

<https://au.reachout.com/articl...>

- Krippa Family Psychological & Wellness opened a Teen Intensive Outpatient Program (IOP) in our location in Cary. This program is operating 5 days a week from 3:30-6:30pm.

GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-17)
- Support Group for Loved One's Substance Use
- Anxiety Management Group (28+)
- Teen Social Club
- Parenting Teens Support Group



ANXIETY MANAGEMENT GROUP (28+)
LISA BERGSTRAESSER, LCSW

START DATE: NOVEMBER 1ST, 2021
MEETING: VIRTUAL, WEDNESDAYS FROM 5:00-6:00 PM

YOU ARE NOT ALONE.

BENEFITS OF GROUP:

- REDUCE ISOLATION
- IMPROVE COMMUNICATION AND SOCIAL SKILLS
- GAIN CONFIDENCE
- DEVELOP A MORE POSITIVE AND MINDFUL MINDSET
- LEARN HOW TO MANAGE PHYSICAL SYMPTOMS AND MORE!

\$200 DEPOSIT
\$50 PER SESSION
@krippafamilypsychological



SUPPORT GROUP FOR PARTNERS, PARENTS, AND PALS: COPING WITH A LOVED ONE'S SUBSTANCE USE PROBLEM (21+)
LISA BERGSTRAESSER, LCSW



Topics addressed:

- Understanding addiction and the recovery process
- "Do's and Don'ts for helping
- Practicing good self care
- Healthy Communication
- Rebuilding trust
- Coping with relapse or resistance to treatment
- & more

DAY:
TIME:
\$200 DEPOSIT
\$50 PER SESSION
@krippafamilypsychological



DEPRESSION & ANXIETY GROUP (9-11)
VIRTUALLY TUESDAY 5-6PM

FOR THOSE EXPERIENCING:

- SADNESS, OR A LOW MOOD THAT DOES NOT GO AWAY
- NOT BEING INTERESTED IN THINGS THEY USED TO ENJOY
- FEEL EMPTY OR UNABLE TO FEEL EMOTIONS (MAY)
- PHYSICAL SYMPTOMS, SUCH AS HEADACHES AND STOMACH ACRES.
- BEING VERY AFRAID OF SCHOOL AND OTHER PLACES WHERE THERE ARE PEOPLE
- BEING VERY WORRIED ABOUT THE FUTURE AND ABOUT BAD THINGS HAPPENING

THIS GROUP CAN HELP BY:

- OFFERING SUPPORT AND A SAFE SPACE AMONG OTHERS GOING THROUGH SIMILAR EXPERIENCES
- LEARNING VALUABLE SKILLS TO COPE
- BUILDING CONFIDENCE AND POSITIVITY
- BUILDING UNDERSTANDING OF WHAT THEY ARE EXPERIENCING

\$200 DEPOSIT
\$50 PER GROUP
To learn more visit
www.ncpsychologist.com/grouptherapy
call (919) 893-9444
email info@ncpsychologist.com

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

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