

Mental Detox: Positive Self Talks

Dr Sandeep Kumar

As per WHO, Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. It is a basic human right and crucial to personal, community and socio-economic development. It is not merely the absence of mental disorders but it exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes.

With many determinants of mental health, self-talks directly shape the perspective of the person. Communication of person with themselves is called self-talk or internal dialogue. It is a natural cognitive process. Mentally unhealth, stressed, and destructed people might engage in self-talk more easily. They use self-talk either silently or speak to themselves out loud. Self-talk can be positive or negative. More often, people may engage in negative self-talk if they feel anxious or insecure or when they are in a situation where they lack confidence or self-belief.



Negative self-talk mostly has a detrimental effect on mental health, self-esteem and person's belief in their self-worth and abilities. Negative self-talk can lead to a vicious cycle and self-fulfilling prophecy. Individuals can use positive self-talk to counteract repetitive negative thinking (RNT). Positive self-talk is an effective stress reduction tool. It is evidenced that from correcting negative thoughts to coping during difficult times, positive self-talk changes lives.

Positive Self Talk:

Positive Self Talk is a deliberate and systematic process of cleansing the mind from accumulated mental and emotional clutter. Positive Self Talk is not always talking positive about oneself, strength, positive thinking, and being hopeful, but also self-reflection for emotional balance, and psychological clarity. Positive Self Talk detox mind and body with multiple benefits:



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Stress Reduction: Chronic stress can take a toll on mental health. It helps in self-reflection and reduce stress levels, promoting a sense of calm and balance.

Clearing Mental Clutter: Life is full of ups and downs. Our minds can become cluttered with incessant thoughts, worries, and emotions. Positive Self Talks involves acknowledging and releasing this clutter, creating space for more productive and positive thinking. It detoxes the mind.

Healthier Immune System: Negative Mental Health takes toll from body. It weakens the immunity. Positive self-talks enhance the secretion of happy hormones and neurotransmitters, that ultimately boosts the immunity.

Better Cardiovascular Health: Stress directly impact the cardiovascular system and respiratory system. Positive self-talks enhance self-esteem, balance the biochemistry that is much helpful in cardiovascular health.

Improve Mental Resilience: Positive Self Talks strengthens mental resilience, enabling individuals to bounce back from setbacks and challenges more effectively.

Improve Relationships: Emotional baggage and stress can affect relationships. An overloaded mind struggles with clarity and focus. Positive Self Talks detoxify the mind helps declutter mental spaces, enabling better concentration and decision-making. Detoxified mind allows individuals to communicate more effectively, empathise with others, and maintain healthier relationships.

Various research claims that positive self-talks can be used as therapeutic tool in CBT. Consultation with mental health expert is recommended to mould the self-talks as positive self-talks.

References

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About Author

Dr Sandeep Kumar, Professor Education and Research Division, General Secretary ICERT



Dr Sandeep Kumar is a highly qualified, enthusiastic learner and mental health professional with 2 decades of professional experience in education, training, research and clinical practices. He is doctorate in clinical and counselling psychology, Ph.D. in Education, and D.Litt. With serving ICERT, he is an active member in various organization. He has been honoured and felicitate with 15 International Awards.