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2017—The Year of Affirmations

“Why does my boss want me to present at the conference? I’m a terrible public speaker, and I’ll just embarrass the department.” “I wish I could stick up for myself at work. In every meeting, I let others walk over my ideas. I’m never going to get ahead.”



Most of us have a judgmental mind. We tend to have negative thoughts. When we have these thoughts, our confidence, mood and outlook become negative too.

The problem with negative thoughts is that they can be self-fulfilling. Inside our heads, we talk ourselves into believing that we’re not good enough. These thoughts drag down our personal lives, relationships, and careers. This is why using positive affirmations can be helpful. In this article, we’ll explore how you can use affirmations to drive positive change, both in your career and life. The new year has just begun, so it is a terrific time to start a new healthy practice to replace an old habit or two.

Try Using Affirmations

Affirmations are positive statements that help you overcome self-sabotaging, negative thoughts. They help you visualize and believe what you’re affirming to yourself, helping you to make positive changes to your life and career. These positive mental repetitions can reprogram our thinking patterns so that, over time, we begin to think and act in a new way. While there’s limited research into the effectiveness of using affirmations in a general setting, there is evidence that the use of positive affirmations can successfully treat people with low self-esteem, depression, and other mental health conditions. For instance, in a study by researchers at Northwestern State University, Natchitoches, people who used positive affirmations for two weeks experienced higher self-esteem than at the beginning of the study. Also, in a study published in the Journal of American College Health, researches found that women treated with cognitive behavioral techniques, which included use of positive affirmations, experience a decrease in depressive symptoms and negative thinking. A study by researchers at the University of Kentucky, Lexington, had similar results, and came to a similar conclusion.

When to Use Positive Affirmations

You can use affirmations in any situation where you’d like to see a positive change. These might include times when you want to:

- Raise your confidence before presentations or meetings.
- Control negative feelings such as frustration, anger, or impatience.
- Improve your self-esteem.
- Finish projects you’ve started.
- Improve your productivity.



Affirmations are often more effective when they’re paired with other positive thinking and goal-setting techniques. The best affirmations are chosen by you. Here a few example of affirmations:

- I make the best of every situation.*
- I stand up for what I believe in.*
- I accept myself as I am.*
- I make a difference whenever I can.*

At the Office of Employee Assistance, we provide guidance on incorporating healthier and more adaptive ways of thinking in order to enhance the quality of your life. Please contact the office and you will be able to consult with an experienced clinician who will listen to your concerns, discuss and explore your options, and work with you to determine a plan of action.

Upcoming Events: Mindful Practices at Work Series
 Sign up for the dates below here.

Wednesday, February 15th, 12:00 p.m.-1:00 p.m., MMC

Wednesday, March 1st, 12:00 p.m.—1:00 p.m., MMC

Tuesday, March 14th, 12:00 p.m.—1:00 p.m., MMC

Click here to register.