7 WAYS TO TAME YOUR NEGATIVE THOUGHTS

#1 Listen to what you’re telling yourself as if you were telling it to other people.

#2 Be conscious of what you say.

#3 Stop judging yourself so harshly.

#4 Accept your 'imperfections'.

#5 Back up for a better view.

#6 Distract yourself to reboot your mind.

#7 Not everything that was true in the past is true today.

"What you tell yourself every day will either lift you up or tear you down."

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