WHAT IS POSITIVE SELF-TALK?

We mentally talk to ourselves all the time. We give ourselves more feedback than anyone else ever could. Self-talk can be negative or positive, and it can affect all parts of life, such as health, finances, and relationships.

Negative self-talk is discouraging. Some examples of negative self-talk:
- "I'm dumb."
- "I can't do it."
- "I'm no good at this."

Positive self-talk is encouraging. This kind of self-talk helps us achieve our goals. Some examples of positive self-talk:
- "I can do it."
- "I'm good enough."
- "If I want to, I can."

WHY IS SELF-TALK IMPORTANT?

Self-talk is very powerful. It sends the same chemical messages to your brain as actual experiences do. Your body believes your self-talk. When you say to yourself "I am no good at meeting new people--I always freeze up and look stupid", your heart beats faster, you breathe more shallowly, your stomach tightens, and adrenalin clouds your thinking. This negative self-talk creates stress in your body and your mind.

Studies show that being positive and optimistic can affect how well you live and even how long you live.
The health benefits of positive self-talk may include:

- A sense of well-being and being able to deal with things
- Less chance of catching a cold
- Less stress
- Living longer
- Reduced risk of coronary artery disease

HOW DO I MAKE MY SELF-TALK POSITIVE?

We can talk ourselves into or out of many things. You may not be aware of the things you say to yourself. The first step is to notice the things that you say to yourself. To change your self-talk from negative to positive:

- Carefully choose the words you use. Generally it is best to phrase things in the present, even if you don't completely believe it yet. For example, instead of saying "I will be a better friend", say "I am a terrific friend." Talk about things the way you want them to be.
- Accept occasional setbacks and mistakes as normal and natural. Tell yourself that you can rise above them and carry on.
- Focus on the solution rather than the problem. Rather than complaining about what you can't do, tell yourself "What I CAN do is..."
- Watch out for words like "always" and "never". Very often we make things sound worse than they are. Instead of saying "I never stick to a diet," say "I can lose one pound, and that's a start."
- Replace criticism with praise. Learn to be your own best fan.

Remember to take a deep breath and relax. 😊

There is always someone who can help. Reach out to a parent, older sibling, teacher, or school social worker. Dearborn Public Schools offers a Social emotional hotline. Contact 313-827-8500 or email dss@dearbornschools.org
Mia Morabito’s Quote of the Week:

“If you put your mind to it, you can accomplish anything.”

Favorite thing to do during the quarantine?

My favorite thing to do while staying at home is spending time with my family. Playing board games or watching movies together.

What are you binge watching?

I just started watching “The Expanding Universe of Ashley Garcia” on Netflix.

What are you listening to?

I don’t really have a favorite song, but I do like listening to pop songs.

What is your favorite food?

My favorite food is pizza.

I can’t wait until the stay at home order is over!!

By: Mia Morabito
Students of the Month

6th grade
Fatima Alhamadani
Zahra Alhilal

7th Grade
Shada Alwagdi
Eptihal Saleh
Julianza Zhutal
Mohammed Jaffer

8th Grade
Akram Mousa
Dana Saad
Delaney Charron
Nour AbuSalim

Physical Education (PE)
6th grade Mariam Zriek
7th grade Eptahal Saleh
7th grade Adam Saade
8th grade Amel Towfeeq

Great Job!
The power of journaling is truly universal. As you prepare to transition into the next stage of your lives, you may often feel pressured to conform to what’s “popular.” You might feel pressured to fit in with other students and feel uncomfortable expressing your own individual preferences. That’s why it’s so important to emphasize creativity and the power of a well-defined identity within yourself. Journaling encourages you to get to know yourself and to think about issues from multiple perspectives. When you journal regularly, you become more comfortable in expressing your ideas.

Here is a 30 day Journal Challenge:

Use these creative writing prompts to help clarify your thoughts and emotions. Develop stronger self-love and self-identities in 30 days!

1. Who inspires you most in life?
2. Your best accomplishment.
3. When do you feel most confident?
4. Your favorite personality trait.
5. What makes you happiest in life?
7. What does your dream life look like?
8. Set three short term goals and three long term goals for yourself.
9. What do you need to forgive yourself for?
10. Your favorite memory.
11. What makes you a good friend?
12. A funny story that makes you laugh every time.
13. What have you done lately that you didn’t get to brag about?
15. What are you proud of yourself for today?
16. List your 5 favorite ways to relax.
17. What qualities do you think others admire about you?
18. Your proudest moment.
19. What do you need to make more time for?
20. The best dream you’ve ever had.
21. What have you done lately for yourself?
22. Your ideal pamper routine.
23. What do you need to start saying “yes” to?
24. Your favorite physical feature.
25. What is your self-care routine?
26. Your biggest idol. What can you do to be more like them?
27. Who is your best friend? What qualities makes them your friend?
28. Your ultimate goal in life.
29. How much do you truly love yourself?
30. What you’ve learned from this journaling experience.
Quarantine Recipe of the week
Brought to you by Ezzat Saad

**Steak lamp chops recipe:**

**Step 1:** Season lamp chops with the following spices:
- Dash of Salt
- White pepper
- Black pepper
- Cumin
- Olive oil

**Step 2:** Marinate in the fridge for an hour or two

**Step 3:** Grill Steaks on outdoor grill for best taste

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Mindfulness Exercises

**TENSE AND RELEASE**

**MUSCLE RELAXATION**

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.

2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.

3. Continue moving up the body for more relaxation.
Get to Know...Mr. Serazio

Hello, my name is Mr. Serazio, and I am a 7th grade Social Studies teacher at Stout Middle School. Here are a few things about me that I would like to share with my Falcon family…

Birthday: March 13

Hobbies: sports, reading

Hidden Talent: I like to keep my hidden talent hidden.

Favorite Food: Pizza

Favorite Drink: Coffee

Favorite Movie: The Shawshank Redemption


Favorite Color: Honolulu Blue

Favorite Season: Football Season

Favorite Sport: Football

I am a Big Star Trek fan 😊

A photo of my family and I.
SELF-CARE STARTS ON MONDAY
Each week, take a few time-outs for yourself to reduce stress and improve your well-being. Some suggestions:

- Walk outside and gaze at the clouds: Let your mind playfully wander.
- Inhale a scent you love: Linger on the fragrant aroma.
- Do a mini-declutter: Organize a drawer that's been bugging you.
- Take a different way to work: Get out of your rut. See things new.
- Treat yourself: Give yourself something special. Go on, you're worth it.
- Unplug and unwind: Turn off the cell phone and reconnect with yourself.

What’s your SelfCare Plan?

Stay safe.
Stay home.
Stay strong.