

August '24 Newsletter

Healthy Self Talk

At Leaves Personal Care, we care holistically for the our clients; body, soul and spirit. An important aspect of that is called "soul care"; caring for the inner person. An important piece of soul care that we can all is focusing on our internal dialogue, how we're talking to ourselves. Author Paul David Tripp often repeats this statement: "no one is more influential in your life than you are, because no one talks to you more than you do. You are in an unending conversation with yourself. You are talking to yourself all the time, interpreting, organizing, and analyzing what's going on inside you and around you."

Understanding the problem

Internal dialogue, also known as self-talk, refers to the ongoing mental conversation we have with ourselves throughout the day. This inner voice can significantly impact our mood, decisions, and actions. When our internal dialogue is predominantly negative, it can lead to increased stress, anxiety, and even depression. Conversely, a positive internal dialogue can enhance our resilience, motivation, and overall mental health.

(Continued on the reverse side)

Play Leaves Links

Similar to the New York Time "Connections" game, below are 16 words. There are four sets of four that are linked or connected one way or another. Keep your thinker sharp and see if you can solve the Leaves Links game below. (Answers are on the reverse side)

Tonic

Daily

Dean

Tizzy

Colonel

Twitter

Silver

Script

Don

Dose

Lather

Cardinal

Pewter

Ash

Furor

Gray

Leaves Personal Care - Independence with Dignity

Personal Care - Home Making - Errands - Companionship

What the Bible teaches about self-talk

In the Psalms, the writers often mused about what they were saying to themselves; “Why are you discouraged? Hope in God, I will yet praise Him!” Ps 42:11 See also Ps 103, 104, 116,145 and so on. In these positive examples, the people who penned the Psalms were often talking to themselves about trusting God and but in the New Testament, Jesus tells a story about a person whose self-talk was not healthy. Luke 12:19 tells the story of a guy who instead of trusting in God was telling himself to trust in his wealth and resources. The results of his unhealthy self-talk were severe.

Learn more about strategies you can implement to develop healthy self talk by going to www.leavespersonalcare.com and check out our Leaves Journal.

Have you heard of the Michigan Parkinson Foundation? They offer 4 areas of support for individuals and families dealing with Parkinson’s.

1. Provide community
2. Provide education
3. Provide financial support
4. Provide access to exercise

Learn more at ParkinsonsMI.org



Words associated with medications

Tonic Daily Script Dose

Shades of graying hair

Ash Gray Pewter Silver

Titles of Leaders

Don Cardinal Dean Colonel

To be in a panic

Twitter Lather Furor Tizzy



Independence with Dignity

Call for a caregiver today.

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