


# NEGATIVE SELF-TALK

Is like rain. It comes and goes.



An illustration of a rainy day. The sky is dark purple and blue with white rain falling diagonally. A bright yellow sun is partially visible on the right side, with rays of light shining through the clouds. In the bottom left corner, a small green sprout with two leaves is growing out of the ground. The overall style is soft and painterly.

When it comes, the sky becomes  
dark, heavy and gloomy.

Sometimes, the rain will stay a  
bit longer, pouring down heavier.  
Sometimes, it is small and quick.

Whether the rain is long or short, big  
or small- it doesn't matter. The sun  
always shine bright the next day.



When you are stuck under the rain, you feel wet, sticky, and uncomfortable. It is definitely not the best feeling when you are stuck. No matter how bad the experience may be,

**you are not the rain.**





After those rainy days, the trees are greener, the air is fresher, and the memory that you have when you got stuck under it will just become a memory..



Next time when the rain comes, **you will remember to bring the umbrella.** You still got a bit wet and uncomfortable, but it will not be as bad.



# on those rainy days...

"I'm not enough"

"I'm so dumb"

"why I can't get anything right"

"they must think I'm weird"

"I'm too fat/ skinny, short/ tall, dark/  
pale..."

"I have no talents"

"I can't do it, I'm not good at it"





Does this sound familiar to you?

**Congratulations!**

You are experiencing negative self-talk.

Every person on this planet will experience negative self-talk at least once in their life. It is very common for both women and men. **So, it is completely normal if you experience it.**

**When you are busy criticizing yourself or comparing yourself to others, they might do it too.**





Although it is normal to experience negative self-talk,  
**it is not ok to keep doing it.**

**The truth is no one really sees  
you like that, it is all just happen  
in your head.**



# GETTING OUT THE UMBRELLA



Acknowledge the  
**thoughts and feelings.**



Acknowledge the thoughts and feelings. I love to write them down and throw them away.



Do something you love. Eat a good bar of chocolate or whatever food you love.



Exercise, meditation, breath



Go out into the nature



**Call for a loved one or allow them to take care of you.**

Share your thoughts with them and hear the feedback.

Acknowledge what they say and don't try to deny it even though you don't believe in it yet

**See a psychologist**

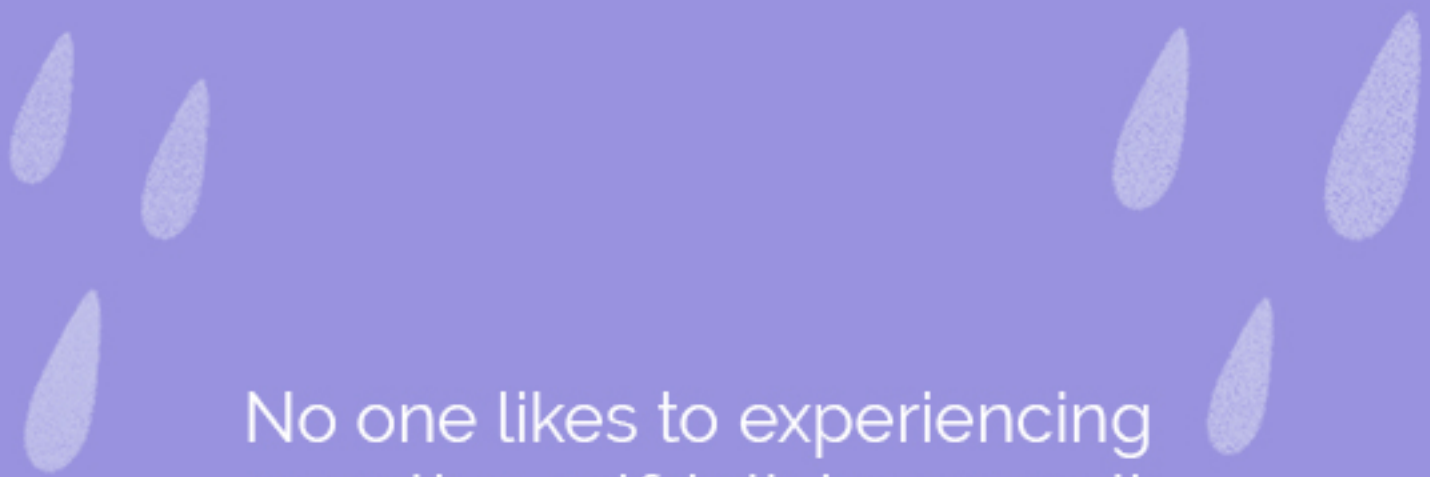




If you forgot the umbrella again, spend  
sometime to look around and appreciate  
one good thing about you or something  
you have done. Remember...

**you are not the rain.**





No one likes to experiencing negative self-talk because it is very draining. Share with us how you cope with it.

**WHAT DO YOU DO ON  
THOSE RAINY DAYS?**



# The mountain

by **Laura Ding-Edwards**

If the mountain seems too big today then climb a hill instead

If the morning brings you sadness it is OK to stay in bed

If the day ahead weighs heavy and your plans feel like a curse

There's no shame in rearranging - don't make yourself feel worse

If a shower stings like needles and a bath feels like you'll drown

if you haven't washed your hair for a days don't throw away your crown

A day is not a lifetime, a rest is not defeat

Don't think of it as failure, just a quiet, kind retreat

It's OK to take a moment from an anxious fracture mind

The world will not stop turning while you get realigned

The mountain will still be there when you want to try again

You can climb it your own time

Just love yourself till then.

# Offering your sister an umbrella...

when they forget to bring it with them





**Tell your friends how good they are.  
Even though they may not believe in it  
DON'T GIVE UP!**

Your friends may completely reject your compliment because they simply have not yet recognized the things you said – and it may hurt a little, but it is OK.

Don't take it to your heart. You are here to support them because you love and care for them.

**It is their decision to believe in what you said or not.**



You just have to keep reminding them, because you love them, and you genuinely believe in them.

**One day, your loved one will start to believe in themselves too.**





# YOU ARE NOT THE RAIN!

If the rain become too intense. Here is some suggestions and resources



## What you can do:

1. Cleaning up your social media by unfollowing the negative accounts that make you feel worst.
2. Cutting off people that make you feel little about yourself.





## Here is some resources

1. **Women Against Negative talk IG page - @womenagainstnegativetalk:**

This a great online platform to remind you that you are not alone in this journey of fighting against negative self-talk.

They also provide lots of tools for you to cope with it on your own.

2. **Ethni Conversation:** A Safe space to share your thoughts and feelings, and to listen to the journey of young women who have similar experiences as you.

