

Affirmations to Boost Well-Being



Language as a Tool for Self-Care Part 2

Compliments are microdoses of happy brain chemicals! While it might feel uncomfortable to receive them, they are often proof that our heads are our own worst enemies. Usually, people see you as much more awesome than you think! This exercise practices giving ourselves and others the brain boost of compliments.

Instructions

1

GATHER

In a circle, take turns throwing a ball or beanbag to each other.

2

GIVE

The thrower gives a compliment (not based on looks) to the person they are tossing the ball to.

3

SHARE

Once everyone in the circle has thrown the ball, change the game slightly. Whoever catches the ball now shares something they did that week that they were proud of.

4

LOOK FORWARD

For the last stage, it's back to the thrower. As they toss the ball, they share something they're looking forward to in the upcoming week.

Make boosting yourself and others a regular habit! Every time you walk into school, a classroom, or the front door at home:

- think of something nice about someone you know.
- think about something you've done that you're proud of.
- think about something you're looking forward to, large or small.

Reflections & Actions

Think about what was easier— complimenting someone or patting yourself on the back? Why is that, and what can you do to make any imbalance more equal?

Try expanding your positive mindset so that whenever you walk through a doorway, you think something positive about yourself or someone else. Imagine how many happy brain chemicals you could create every day!