THE POWER OF POSITIVE SELF-TALK
BY SADHANA, SSCBS IN COLLABORATION WITH TALK TO ANGEL

DATE: 7 March 2026
SPEAKER: Ms. Arushi Srivastava, Counselling Psychologist, TalktoAngel
NO. OF PARTICIPANTS: 100+
MODE: Online (Google Meet)

Sadhana, the wellness society of Shaheed Sukhdev College of Business Studies (SSCBS), in collaboration with TalktoAngel, successfully organised an insightful online session titled **"The Power of Positive Self-Talk."** The workshop was conducted with the objective of helping students understand the impact of their internal dialogue on mental well-being, confidence, and overall productivity. In today's demanding academic environment, students frequently encounter stress, self-doubt, and emotional challenges. The session aimed to equip participants with practical psychological tools to cultivate resilience, develop healthier thought patterns, and enhance emotional well-being.

Workshop Methodology and Content

The session was led by **Ms. Arushi Srivastava**, Counselling Psychologist at TalktoAngel, who specialises in Cognitive Behaviour Therapy (CBT) and Acceptance and Commitment Therapy (ACT). Through an engaging and interactive presentation, she explained how positive self-talk influences emotional regulation, motivation, and personal growth.

The workshop covered several key aspects of mental wellness, including:

- **Understanding Positive Self-Talk:** Participants learned how their internal dialogue shapes emotions, behaviours, and decision-making, and how replacing negative thoughts with constructive affirmations can improve overall well-being.
- **Building Healthy Daily Habits:** The speaker highlighted the importance of small yet consistent lifestyle practices such as maintaining a balanced diet, staying hydrated, practising meditation and yoga, engaging in physical activity, reducing digital distractions, and ensuring adequate sleep to support both mental and physical health.
- **Interactive Self-Reflection Activities:** Students actively participated in exercises that encouraged them to identify daily habits that energise them, recognise personal strengths, and reflect on behaviours that drain their energy, such as excessive screen time, skipping breaks, overthinking, bottling up emotions, and overcommitting themselves.
- **Developing Positive Affirmations:** Participants were guided on creating meaningful affirmations and replacing limiting beliefs with empowering narratives. The session emphasised recognising inner strengths, fostering self-compassion, and adopting a growth-oriented mindset.

- **30-Day Self-Care Challenge:** To encourage long-term implementation, students were introduced to a 30-day self-care challenge designed to promote consistency in practising positive habits and maintaining emotional wellness.

Throughout the workshop, participants remained actively engaged through discussions, polls, and chat-based activities, creating an interactive and supportive learning environment.

Outcomes and Impact Assessment

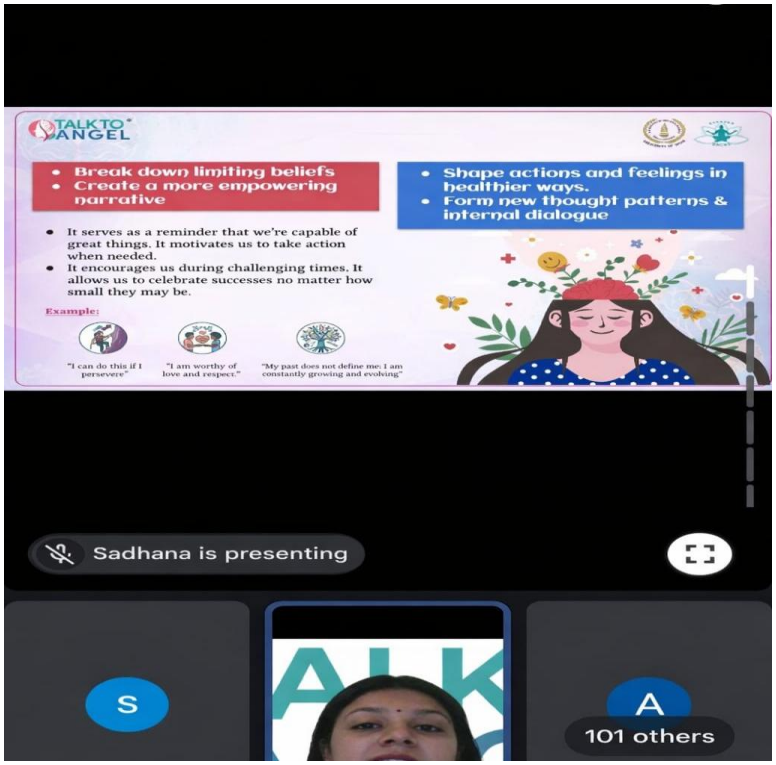
The session received an enthusiastic response from students, with over one hundred participants joining the online workshop. The practical activities and relatable examples enabled attendees to connect psychological concepts with their daily experiences.

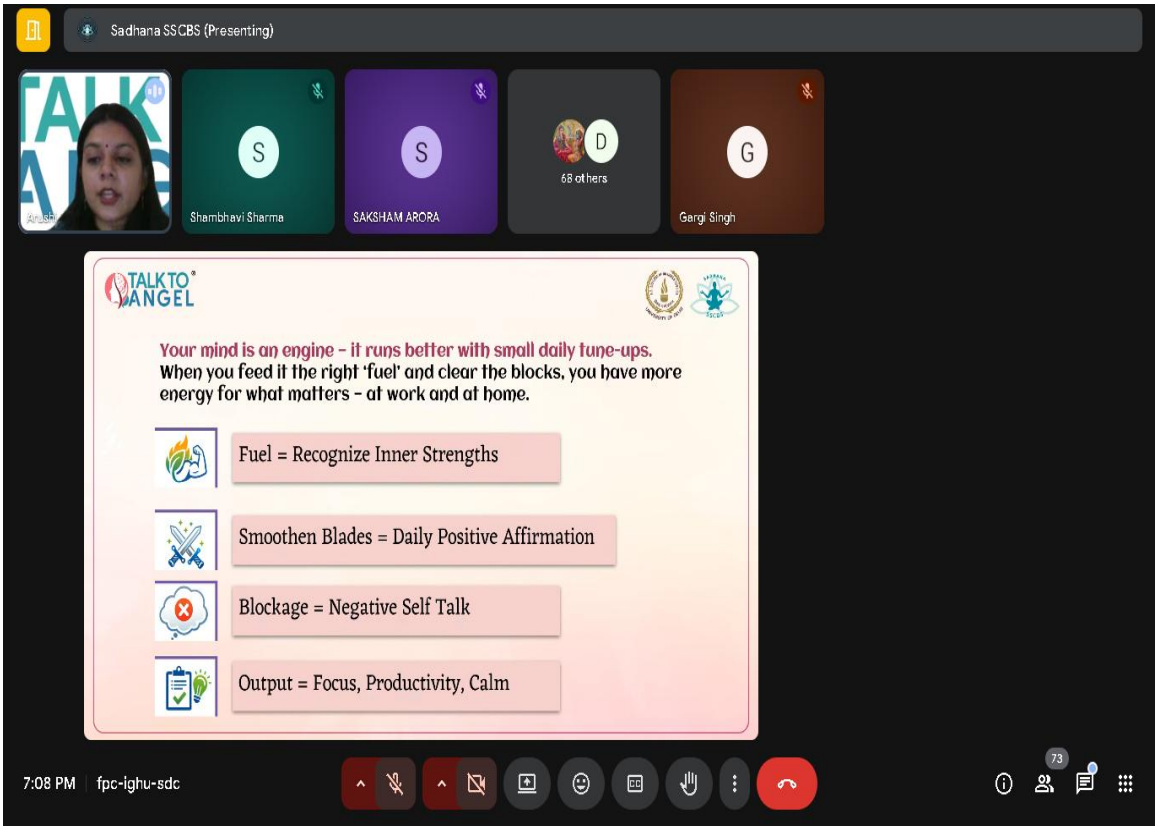
Participants reported gaining a deeper understanding of the importance of positive self-talk in reducing stress, overcoming self-doubt, and maintaining emotional balance. The workshop encouraged students to become more mindful of their internal dialogue and empowered them to adopt healthier coping mechanisms through affirmations, self-care practices, and conscious habit formation.

One of the key takeaways of the session was that meaningful personal growth begins with small, consistent changes in everyday thinking and behaviour. By fostering self-awareness and emotional resilience, the workshop inspired students to cultivate a more optimistic mindset and improve their overall well-being.

Sadhana, SSCBS, remains committed to promoting holistic student development by organising impactful wellness initiatives that support the mental, emotional, and personal growth of the student community.


SADHANA
SOCIETY
&
TALKTO ANGEL
In collaboration with
THE POWER OF
POSITIVE SELF TALK
7th March
6:30 PM – 7:30 PM
Online
Ms. Arushi Srivastava
Counselling Psychologist, TalktoAngel
Specialist in CBT & ACT for students—anxiety, stress, self-esteem, emotional regulation, and more.
TalktoAngel is a trusted online emotional wellness platform providing confidential counselling solutions to students pan-India and globally, including collaborations with IITs, NLUs, and DU colleges.


TALKTO ANGEL
Break down limiting beliefs
Create a more empowering narrative
Shape actions and feelings in healthier ways.
Form new thought patterns & internal dialogue
It serves as a reminder that we're capable of great things. It motivates us to take action when needed.
It encourages us during challenging times. It allows us to celebrate successes no matter how small they may be.
Example:
"I can do this if I persevere"
"I am worthy of love and respect."
"My past does not define me; I am constantly growing and evolving"
Sadhana is presenting
S
A
101 others


Sadhana SSCBS (Presenting)
S
Shambhavi Sharma
S
SAKSHAM ARORA
D
68 others
G
Gargi Singh
TALKTO ANGEL
Your mind is an engine – it runs better with small daily tune-ups.
When you feed it the right 'fuel' and clear the blocks, you have more energy for what matters – at work and at home.
Fuel = Recognize Inner Strengths
Smoothen Blades = Daily Positive Affirmation
Blockage = Negative Self Talk
Output = Focus, Productivity, Calm
7:08 PM
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