

Affirmations

Affirmations allow our brain to take in positive information as we manage challenges of the day. Affirmations are not there for suppression (toxic positivity) but to help us see the dialectics of the day, that two opposites can co-exist such as joy and sadness. Practicing 5 deep breaths while saying an affirmation to yourself, gives our brain a pause during the day to ground and re-focus at whatever we are managing in the moment. I like to attach this skill to muscle memory. For example, say affirmations anytime I walk down a hallway. Below are affirmation prompts to choose from that help give options to this healing coping skill.

PLEASE NOTE: With affirmations, a tip is not to use the word “not” or “don’t”. For example, “Don’t freak out, don’t freak out” can induce stress. Instead “I am calm, I am calm” can help be grounding when paired with deep breathing.

I am _____

I choose to be _____

I am becoming more _____

Today is _____

I am growing in _____

I believe _____

I love _____

I delight in _____

Today is choose _____

I invite in _____, **and I let go of** _____

I breathe in _____, **and I breathe out** _____

