

## **Affirmations**

Choose any of the affirmations that are helpful and believable to you. Cut them out then place it where you can see it. Say them to yourself each day.

<p><b>All I need to do right now is BREATHE.</b></p>	<p><b>As I exhale, stress leaves my body.</b></p>
<p><b>A warm, peaceful energy surrounds me and those I love.</b></p>	<p><b>I connect with what is peaceful and good around me.</b></p>
<p><b>I am safe. All is well.</b></p>	<p><b>I let go of anxiety &amp; embrace calm.</b></p>
<p><b>My need to feel calm is being fully met.</b></p>	<p><b>Exhaling, I let my shoulders drop &amp; become utterly relaxed.</b></p>

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Choose any of the affirmations that are helpful and believable to you. Cut them out then place it where you can see it. Say them to yourself each day.

<b>I release anxious thoughts.</b>	<b>I am strong and confident.</b>
<b>I release all fear.</b>	<b>I release the need for perfection.</b>
<b>I release the need to dwell on bad feelings.</b>	<b>I step outside and bring calmness with me into the world.</b>
<b>My peace is my power.</b>	<b>I see challenges instead of difficulties.</b>
<b>I choose healthy ways to deal with stress.</b>	<b>I am doing my best.</b>
<b>I am centered and focused.</b>	<b>I am energized and strong.</b>