

AFFIRMATIONS FOR A STRESSFUL DAY

ALL IS WELL

LIFE
HAPPENS FOR
ME

I AM GOOD
& GETTING BETTER

THE ONLY
CONSTANT
IN LIFE IS
CHANGE

I EXHALE
SLOWLY

I CONTROL
MY
REACTIONS

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AFFIRMATIONS

HOW TO USE THEM EVERYDAY

Positive affirmations work to remind you of certain truths even when life feels overwhelming.

Research shows that intentionally using self affirmations activates the reward centre in our brain, which can help to reduce emotional & physical pain.

HOW TO USE THEM EVERYDAY

- Hum them as you walk
- Say them to yourself in the mirror
- Whisper them as you go to bed
- Sing them in the shower or the car
- Write them on sticky notes
- Save them as your wallpaper
- Set them as your alarm name
- Write them on your mirror
- Close your eyes, put your hands on your heart & say them.
- Post them on social media (spread the love!)
- Write them in your journal
- Say them as the sun sets
- In a challenging situation take a slow breathe out & say them
- Do a painting with them on it & hang it on your wall

The options are endless.

Feel what resonates & do that!