



Affirmations for Stress Relief*

Source: Center for Health Impact (www.centerforhealthimpact.org)

Positive affirmations are a great tool to reprogram your unconscious mind from negative thinking to positive. The idea is to take positive statements of what you would like to see manifested and repeat them enough so that they're part of your way of thinking and seeing the world; this operates in the same way that negative self-talk does, but in a way that benefits you.

Repetition: Repeat your affirmation to yourself on a regular basis. Repeating them mentally several times in the morning or evening can be effective; repeating them aloud is even more effective because you hear them more clearly that way.

Do-It-Yourself Recording: Record yourself repeating positive affirmations and play it as you drive, get ready in the morning, or do other activities. Talk in a calm voice, maybe play your favorite soothing music in the background.

On Post-Its: Put affirmations on post-it notes that you place around your house (on the fridge, on the bathroom mirror, and other places you'll likely see them) to give yourself positive messages throughout the day.

Use any of these affirmations or create your own.

- 1) CHALLENGES HELP ME GROW
- 2) I CAN SEE STRESSFUL SITUATIONS AS CHALLENGES
- 3) CHALLENGES BRING OPPORTUNITIES
- 4) I CAN CHOOSE A POSITIVE FRAME OF MIND
- 5) I CAN HANDLE WHATEVER COMES
- 6) TODAY HAS LIMITLESS POSSIBILITIES
- 7) I CAN FIND BALANCE IN MY LIFE
- 8) I CAN FIND LOVE AND SUPPORT
- 9) I CAN ACCOMPLISH ANYTHING
- 10) I CAN HANDLE WHATEVER COMES
- 11) I CAN CREATE INNER PEACE
- 12) MY INTENTION IS FOR PEACE
- 13) I AM STRONG
- 14) PEACE IS POWER
- 15) THIS TOO SHALL PASS
- 16) MY INTENTIONS CREATE MY REALITY
- 17) STRESS IS LEAVING MY BODY
- 18) TODAY I CHOOSE JOY
- 19) I CAN MAKE HEALTHY CHOICES
- 20) I AM DOING MY BEST
- 21) I BREATHE IN PEACE
- 22) TODAY MY INTENTION IS FOR PEACE
- 23) I AM IN CHARGE OF MY LIFE
- 24) I HAVE MANY OPTIONS
- 25) I CAN CREATE POSITIVE CHANGE
- 26) I AM WISE
- 27) MY HAPPINESS COMES FROM WITHIN
- 28) I CAN START HEALTHY HABITS
- 29) EACH MOMENT BRINGS CHOICE
- 30) I CAN STAY CALM UNDER PRESSURE
- 31) I CHOOSE HAPPINESS
- 32) I CHOOSE HEALTHY RELATIONSHIPS
- 33) I CAN FIND MY HAPPY PLACE

*Source: www.about.com