

Positive Affirmations



Say these out loud to help you feel better:

I breathe in relaxation, I breathe out tension.

I am in charge of my mind and body.

I am safe and in control.

I have the ability to overcome my anxiety.

My future will be what I choose to make it.

I deserve to be happy.

I survived this feeling before, I can do it again.

I am so much stronger than I realise.

This is only temporary.