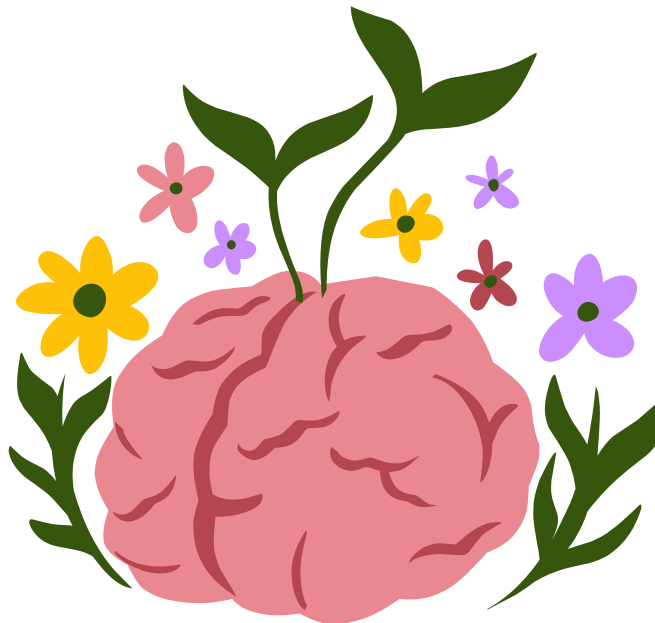


# 100 Mental Health *Positive Affirmation*



**This Book Belongs To**

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# Mental Health Affirmation

1.Healing is possible for me.

2.I am enough.

3.I am not my diagnosis.

4.My diagnosis will not define my life.

5.I can challenge my negative thoughts with positive ones.

6.I am thankful for the positive things in my life.

7.I love myself for who I am.

8.I care for myself daily.

9.I share my feelings with honesty and courage.

10.I have many positive things in my life.

11.I treat myself with love and kindness.

12.I am worthy of love and happiness.

14.My mental health challenges don't define who I am.

15.Better mental health is possible for me.

I am happy to be me.

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# Mental Health Affirmation

16. I value my mental health as much as my physical health.

17. How I feel matters.

18. I am more than my trauma.

19. I love myself unconditionally.

20. I am grateful for all that I have in my life.

21. There are people out there who will help me.

22. I am mentally strong.

23. My feelings are valid.

24. My mental illness is only a small part of who I am.

25. Reaching out for support shows strength.

26. I am allowed to have mental health struggles.

27. I accept myself for who I am.

28. I deserve all the happiness in the world.

29. I accept that I have anxiety.

30. My anxious thoughts do not define me.

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# Mental Health Affirmation

31. I have coping skills that help me with my anxiety.
32. I am in control.
33. I trust that I can make strides in handling my anxiety.
34. I live in the present.
35. I trust in myself.
36. I am not ashamed of having anxiety.
37. Having anxious thoughts is only part of who I am.
38. Right now, I am peaceful.
39. I face anxiety with courage and strength.
40. My anxiety does not control me.
41. I have the final say in all of my emotions.
42. There are people out there who understand what I am going through.
43. Anxiety is not who I am.
44. I am a calm and positive person.
45. I release all of my worries.

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# Mental Health Affirmation

46. I have confidence in myself and my future.

47. I feel calm and capable of handling anything that comes my way.

48. I am strong, confident, and courageous.

49. Every day, I become calmer, more positive, and more confident.

50. There is more to me than anxiety.

51. I am in control of my emotions.

52. My anxiety will not control my life.

53. I am calm and present.

54. I am safe.

55. I have coping skills to get through this crisis.

56. I am strong enough to get through this crisis.

57. This crisis will not define me.

58. There are people who will help me through this crisis.

59. This crisis will pass and I will be okay.

60. This crisis will test my strength, but I am strong.

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# Mental Health Affirmation

61. I can stay calm in scary situations.

62. This crisis will pass and I am strong enough to get through it.

63. I have the strength to survive this.

64. There are people who love and support me.

65. I am loved and wanted.

66. Reaching out to talk to someone is a sign of my strength.

67. I can reach out to people who love me and get support.

68. I have friends and family who love and care for me.

69. I have positive and supportive relationships.

70. I do not have to change for people to love and support me.

71. I attract people who want the best for me.

72. I am grateful for all of the love in my life.

73. My loved ones look forward to when I reach out to them.

74. I may feel lonely, but I am never alone.

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# Mental Health Affirmation

75. I feel comfortable expressing my feelings to the people I love and who love me.

76. I am confident in the love that others have for me.

77. I am kind to myself.

78. Depression is not who I am.

79. My negative thoughts can be changed to positive ones.

80. What I feel is not who I am.

81. My thoughts can change and so can I.

82. Depression is not my defining characteristic.

83. Small things that make me happy are just as important as the bigger things.

84. I take care of myself even when it is difficult to do.

85. I trust in myself to take on my depression.

86. I am allowed to have bad days, even very bad days.

87. I respond to my emotions with love and kindness.

88. I accept that I have depression.

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# Mental Health Affirmation

89. Every day is a new day.

90. I believe that I deserve happiness every day of my life.

91. My life is a gift.

92. I am here for a reason.

93. I fill my mind with positive thoughts.

94. Happiness is an emotion that I experience daily.

95. I am learning more about how to handle my depression every day.

96. I am confident that I can handle what depression brings my way.

97. I am not ashamed of having depression.

98. Having depression allows me to understand the world and other people in a different way.

99. It is okay for me to not feel okay.

100. Even with depression, I experience joy.

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