

AFFIRMATIONS



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WHAT ARE THEY?

Affirmations are a conscious effort to say positive statements that overcome negative thoughts. They can target any area that you would like to see a change in such as work or relationships. They often start with a sentence that begins with 'I' and is in the present tense, for example:

- ♥ I can do this
- ♥ I have a lot to be proud of
- ♥ I am in control of my life
- ♥ I can achieve anything I want to
- ♥ I accept myself

We have thousands of thoughts a day and sadly most will be negative! When we have thoughts like this, it can also affect our mood, confidence and attitude to life. Being negative is a consistent symptom in poor mental health so more work needs to be done on being more positive and affirmations can hugely help with this!

HOW DO I USE THEM?

There's lots of research to suggest that they increase happiness and can be used for motivation, encouragement and to boost your self esteem. The more you practice them, the more you will believe them and then the positive changes will happen! Say the statements out loud on a daily basis and use them whenever you notice a negative thought. Try and change the unhelpful thought to be more positive. You can write them down or carry a card with your affirmation on it. It might seem strange at first but the more you do it, the more natural it will feel and the more affirmations you will say! The only difficult part is remembering to do it! So set a reminder on your phone or write a note in your diary until it becomes a daily habit.