



Affirmations for Stress Relief

Regardless of our best intentions, stress is an unavoidable part of life. While we can't always change a stressor, we can change the way we react to it. Using positive affirmations can be a powerful way to reduce the effects of stress.

When you use a positive affirmation, it isn't your current reality but it is your goal. When you repeat an affirmation to yourself, you repeatedly tell your mind to let go of your stressful reaction to the situation. Your words begin to change your thoughts and your thoughts begin to change your reality.

Create your own positive affirmation, or look through this list to see if anything resonates with you.

- ❖ My mind is at peace.
- ❖ My mind is calm and my body is relaxed.
- ❖ I am positive, peaceful, and free from worry.
- ❖ Even when life gets crazy, I am at peace.
- ❖ I keep calm and carry on.
- ❖ I don't sweat the small stuff.
- ❖ I accept the things that I cannot change.
- ❖ I choose a positive frame of mind.
- ❖ I choose peace.
- ❖ I choose joy.
- ❖ I am releasing all tension from my body and mind.
- ❖ With each breath, tension is leaving my body.
- ❖ With each breath, I feel stress leaving my body.
- ❖ With each breath, I let go of my stress.
- ❖ I breathe in peace and joy.
- ❖ Regardless of what is happening around me, I create inner peace with each breath.
- ❖ I feel my peaceful breath creating my reality.
- ❖ I am strong and centered. I can overcome this obstacle.
- ❖ I can handle whatever comes.
- ❖ I can accomplish anything.
- ❖ I stay calm under pressure.
- ❖ I find peace, balance and strength in this situation.
- ❖ I relax and let go of the things that I can't control.