

MENTAL HEALTH

POSITIVE SELF-AFFIRMATIONS

Positive self-affirmations are short phrases that are repeated frequently to promote positive thoughts, joyful feelings, and a happy attitude. They're designed to challenge the negative thoughts you may have about yourself and to help improve your self-esteem.

The idea of talking to yourself might feel a little uncomfortable at first, but the results can be worth it.



Studies show that positive self-affirmations can support brain development. They also boost self-confidence by helping individuals focus on their core values and self-esteem.

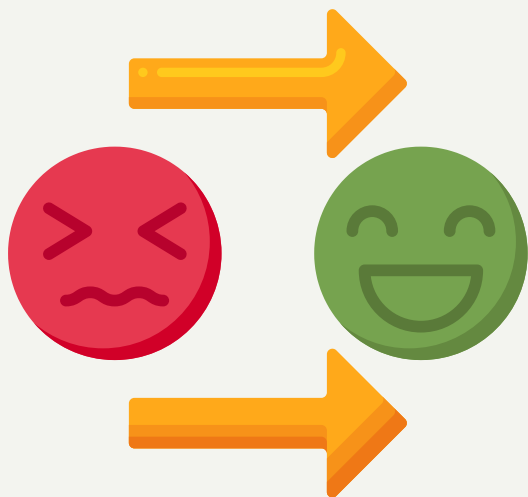
You can try this technique if you experience mental fatigue, depression, anxiety, or burnout. Remember to keep an open mind. Understanding how to effectively practice positive affirmations is just as important as knowing what to say.

The information in this handout is based on [Selecthealth.org](https://selecthealth.org).

If you are interested in learning more about different self-help strategies, visit our Unaccompanied Children Resource Center at ucresourcecenter.org.

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TIPS FOR CREATING POSITIVE SELF-AFFIRMATIONS



1. Keep affirmations short. This will make it easier for you to remember and repeat them.
2. Take a few minutes to repeat them in the morning and before bed. You can say them out loud or write them in a journal.
3. Keep them in the present tense. For example, use "I am..." affirmations to feel connected and aligned with each phrase.
4. Use a powerful affirmation when you have negative thoughts. Instead of saying something like: "I do so badly at school that it's no wonder I haven't learned English," Try changing it to: "I am fully capable of learning English and improving every day. I have great potential to become bilingual one day."

EXAMPLES OF POSITIVE SELF-AFFIRMATIONS

- I am the best at being myself.
- I trust my abilities and can achieve my goals.
- I am strong.
- Every day my life is one step closer to positive changes.
- I can forgive myself and others for not being perfect.
- I love myself unconditionally.
- I am strong and can overcome all the challenges in my life.
- I deserve joy and fulfillment.
- I trust myself and have complete control over my decisions.
- My life is a gift.
- I have beautiful eyes.
- I have an extraordinary smile.

Watch the following video explaining positive self-affirmations:



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