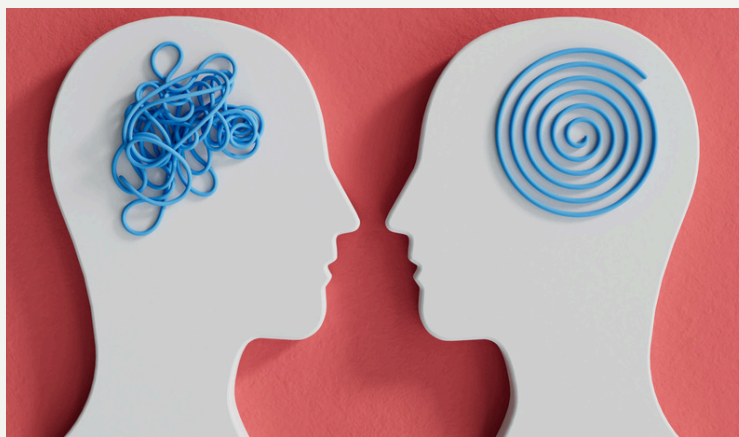


MENTAL HEALTH SELF-HELP STATEMENTS

Self-help statements can be a powerful way to combat negative thoughts, build confidence, and remind yourself that you can handle tough moments. They help you stop thoughts that make you feel worried and replace them with ones that are more realistic, calm, and supportive. When you practice these positive thoughts, your brain actually learns new habits over time, just like training a muscle.



BY FACING MY
FEARS I CAN
OVERCOME
THEM

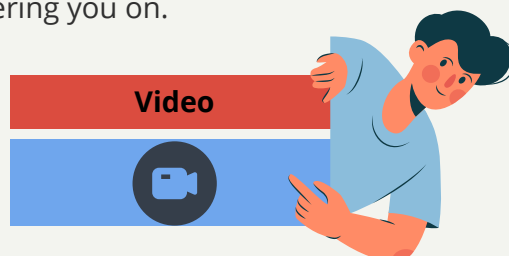
IT'S NOT
WORTH
GETTING
ANGRY

STEP BY
STEP
UNTIL
FINISHED



It's most helpful to create your own positive statements for times when you need them. A good place to start is to think of a situation that feels difficult for you. Then, come up with a positive statement that can help you face that challenge. Make sure your affirmation is personal, written in the present tense, and most importantly, positive. Try to make it gentle but strong, like a friendly voice inside your head cheering you on.

Watch the following video explaining this technique:



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

MENTAL HEALTH

EXAMPLES OF SELF-HELP STATEMENTS

1. For Anxiety:

- This feeling is uncomfortable, but I can handle it.
- I can feel anxious and still manage this situation.
- These are just thoughts, not reality.



2. For When You Feel Fear:

- I have done this before, so I can do it again.
- I will be grateful that I did it, once this is over.
- By facing my fears, I can overcome them.



3. For When You Feel Exhausted (Mental Overload):

- Stay focused on the present. What do I need to do right now?
- Step by step, until I finish.
- I do not need to eliminate stress; I just need to keep it under control.



4. For Phobias:

- I can always remove myself from this situation if I choose.
- I will take deep breaths and take my time.
- This feeling is just adrenaline. It will pass in a few minutes.

5. For When You Feel Panic:

- I will allow my body to go through this situation.
- I have survived panic attacks before, and I will survive this one too.
- Nothing serious is going to happen.



6. For When You Feel Pain:

- One step at a time; I can handle this.
- I need to focus on the positives.
- No matter how bad it gets, I can do this.



7. For Managing Anger:

- People are not against me; they are in favor of themselves.
- I will breathe slowly until I know what to do.
- It is not worth getting angry.

The information in this handout is based on [Mental Wellness Coping Statement Cards](#).

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