

RESILIENCY

Resiliency In The Moment: Positive Affirmations

“All of our self-talk, our internal dialogue, is a stream of affirmations.”

– Louise Hay

An affirmation is anything you say or think.

1. Write a daily positive affirmation about how you would like to see a situation or the world, e.g.:
 - *I believe in my ability to get through tough times.*
 - *I will not stress over things I cannot control.*
2. Repeat it to yourself throughout the day.
3. Check in with yourself at the end of the day to see if you feel differently about the situation.

Positive affirmations can help shift negative thinking to be more positive. Think about the thoughts you have had so far today. Have they been accurate and helpful or harmful and fear-driven? You have the power to make those thoughts positive!

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