



Affirmations for Anxiety

1. My feelings and thoughts are valid.
2. I am a whole person, inside and out.
3. I will smile, breathe, and go slowly.
4. Everything is going to be alright.
5. I feel grounded in this moment.
6. Today, I choose happiness and joy.
7. My anxiety doesn't define me.
8. I feel totally safe, calm, and at peace.
9. Tomorrow is a completely new day.
10. I am loved.
11. I will focus on today -- one thing, one moment at a time.
12. Self-care is important to me and I will take care of myself.
13. It's okay to say no for my own health.

14. I give myself permission to take a break.
15. I feel centered & grounded.
16. Despite any challenges, I will persevere.
17. I let go of toxic and negative thoughts.
18. I will live authentically and follow my dreams.
19. I am capable of doing hard things.
20. My life journey is valuable and impactful.
21. I am enough.
22. I will make the most of today.
23. I am strong.
24. I am doing the best that I can.
25. As I breathe out, I let go of stress.
26. I speak kindly and respectfully to myself.
27. I trust myself.
28. I will continue healing from past difficulties.
29. I have all the tools that I need.