Authentic Armour

philosophy + lifestyle

Affirmations:
Mental Health

WHAT ARE AFFIRMATIONS?

Affirmations are positive statements or phrases that you repeat to yourself regularly to reinforce a desired belief, behaviour, or outcome. They are used to challenge and overcome negative thoughts and beliefs, replacing them with more empowering and constructive ones. Affirmations are often used in practices like positive thinking, self-improvement, and personal development to help individuals cultivate a positive mindset, boost self-confidence, and manifest their goals and desires.

By consistently repeating affirmations, individuals can reprogram their subconscious mind and create a more positive and supportive internal dialogue.

- My mental health is a priority, and I commit to taking care of myself every day.
- I am resilient and capable of overcoming any challenges that come my way.
- I honour my emotions and give myself permission to feel without judgement.
- I am deserving of love, support, and understanding from myself and others.
- I trust my intuition to guide me towards decisions that are best for my mental well-being.
- I am worthy of seeking help and support when I need it, and I am not alone in my struggles.
- I release all negative thoughts and beliefs that no longer serve my mental health.
- I am grateful for the moments of peace and joy that bring light into my life.
- I embrace self-care practices that nourish my mind, body, and soul.
- I am empowered to set healthy boundaries to protect my mental well-being.
- I am capable of managing stress and anxiety with grace and resilience.
- I choose to focus on the present moment and let go of worries about the past or future.
- I am worthy of kindness, compassion, and understanding, both from myself and others.

- I trust in my ability to cope with challenges and emerge stronger on the other side.
- I am grateful for the journey of healing and growth that I am on, and I celebrate my progress every step of the way.