

@CHARITYNOPANIC

AFFIRMATIONS

I am breathing in relaxation
and breathing out panic.

I am safe and in control.

The feelings of panic are
leaving my body

An affirmation is a short, simple statement. They are used to bring your subconscious thoughts conscious. In other words, you take control of your way of thinking. Research has shown that humans have around 50,000 thoughts a day. Using affirmations daily has been proven to increase positive thinking rather than negative. You can reprogram your subconscious mind just by repeating the same phrase on a regular basis. It is always best to keep the statements short, simple and easy to remember. Choose 1 or 2 and repeat, repeat and repeat some more. Here are a few examples that you can use:

I am relaxing each part of my body.

I breathe in relaxation,
I breathe out tension.

I am ridding my mind of negative
thoughts and filling it with positive ones.

I am calmer and calmer with
each deep breath I take.

I am attracting positive energy
into my body.

All is well in my world.

I am now in control.
My body is calm.

I am deep breathing any
negative feelings away.

I am letting go of any stress.

I have the power to make
the right choices for me .

By taking action
I can accomplish my goals.