

Mental Health Moment

The Power of Positive Affirmations

What are positive affirmations?

- Positive affirmations can be defined as positive phrases or statements that we repeat to ourselves. Generally they are used to manifest goals, dreams, or experiences we desire.

How do positive affirmations work?

- Neuroplasticity is defined as your brain's ability to change and adapt to different circumstances in your life. This helps us understand a little more about our brain and how affirmations can be used more effectively. Our brain's sometimes get mixed up with reality and imagination. By repeating positive affirmations, it encourages your brain to take them as a fact. When you truly believe you can do something, your actions soon follow.

How to incorporate positive affirmations in your life

"I Am" Affirmations

<i>I am worthy.</i>	<i>I am cherished.</i>
<i>I am loved.</i>	<i>I am adored.</i>
<i>I am supported.</i>	<i>I am healthy.</i>
<i>I am enough.</i>	<i>I am resilient.</i>
<i>I am abundant.</i>	<i>I am kind.</i>
<i>I am protected.</i>	<i>I am treasured.</i>
<i>I am strong.</i>	<i>I am talented.</i>
<i>I am powerful.</i>	<i>I am creative.</i>
<i>I am fearless.</i>	<i>I am intelligent.</i>
<i>I am brave.</i>	<i>I am fun.</i>
<i>I am safe.</i>	<i>I am loving.</i>
<i>I am lovable.</i>	<i>I am confident.</i>
<i>I am wanted.</i>	<i>I am grateful.</i>
<i>I am beautiful.</i>	<i>I am free.</i>
<i>I am radiant.</i>	<i>I am peaceful.</i>
<i>I am joyful.</i>	<i>I am grounded.</i>
<i>I am compassionate.</i>	<i>I am whole.</i>
<i>I am patient.</i>	<i>I am unstoppable.</i>

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- Start with 3 to 5 minutes at least twice a day. Try saying affirmations upon waking up and getting into bed, For example: I choose to be happy and love myself today!
- Repeat each affirmation about 10 times. Listen to yourself saying it, focusing on the words as they leave your mouth. As you say them, believe them to be true.
- Ask a trusted loved one to help. Listening to someone else repeat your affirmations may help reinforce your belief in them.
- Make your routine consistent. Try not to skip any days. If you meditate, affirmations can be a great addition to your daily practice.
- Be patient. It may take some time before you notice any changes, so stick with your practice!

To learn more about your well-being, take a short quiz provided by
The Berkeley Well-Being Institute:

<https://docs.google.com/forms/d/e/1FAIpQLSdhUF9BVvgrLIETOFyT1lqDBSArKMJMbDbb6CmcyWQCwkXw0Q/viewform>



Sources:

<https://www.berkeleywellbeing.com/positive-affirmations.html>

<https://www.healthline.com/health/mental-health/do-affirmations-work#how-they-work>

Positive Affirmations are words, phrases or sentences that motivate and encourage you to think and feel in hopeful ways.

Some Positive Affirmations are:

