Coping Affirmations

12 things you can say to yourself when it all gets a bit much...

I can handle this one step at a time I feel sad and disappointed but that's okay

I belong and I am loved – no matter what

I'd choose an easier way, but I can do this I am capable of doing tough things

I need to do the next thing and breathe

It's okay not to be okay right now

Not everything I think is true and factual Feeling anxious and scared gives me a chance to be brave

No matter how hard, I am strong enough to get through this

It's going to be tough but it isn't going to last forever

I've dealt with harder things, I know it will get easier

Coping Affirmations are not about being positive straight away- instead they focus on trying to find a positive and recognising that there is a way to change your mindset towards a more positive situation or outcome. It's important to recognise that things aren't okay, that it's okay not to be okay and how to work towards a positive outlook which will in turn bring a positive solution.

Miss Tinks X