



JANUARY



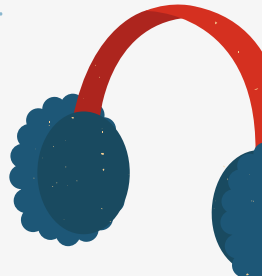
Positive Affirmations



What are positive affirmations?




Positive affirmations are statements or phrases that can be said out loud, in your head or written down. Affirmations can help to challenge negative thoughts, boost self-esteem and create change in one's life.




EXAMPLES OF POSITIVE AFFIRMATIONS




I am worthy of love & acceptance.



I am confident.



I am my best self when I take care of me first.



I can get through this.



If at any point things become unmanageable, know that you are not alone. Please reach out to NYC WELL for immediate emotional support. NYC WELL: [1-888-692-9355](tel:1-888-692-9355)



If you or someone you love is interested in beginning therapy you can find more information about Hudson Guild's Mental Health Services by calling (212)-760-9822