

October Mental Health Tip: **Affirm Yourself**

1. **WHY practice daily affirmations?**

What you say to yourself affects how you feel. Find something you want to celebrate about yourself and say it out loud. Practicing self-affirmations daily reinforces positive connections in your brain that can help:

- boost your mood
- improve self-worth
- decrease stress
- adapt to new situations

2. **WHAT are some examples?**

"I'M A GOOD PERSON"

"I AM LOVED"

"I CAN GET THROUGH THIS"

"I AM POWERFUL"

3. **WHEN can you practice?**

- when you wake up
- during a difficult situation
- before bed
- celebrating a success!
- before a big challenge

If self-affirmation feels good, imagine what it might do to affirm someone else! Language shapes our world.

NYC Well: 1-888-NYC WELL (692-9355) or text WELL to 65173
Hudson Guild Mental Health Counseling Services:
(212)-760-9822