

Self-Talk for Stress

Directions:

Read these statements to yourself for 15 minutes, twice a day. You can also choose to read these statements into a recorder and play them back throughout the day as needed. Feel free to add your own on the back of this paper. The more you do it, the more they will stick.

I am safe and secure.

Every day I focus more on the positive and less on the negative.

I am exactly where I belong in life.

I feel calm and relaxed. When I am calm and relaxed, I can handle any situation.

I do not stress over the things I cannot change, instead I accept them.

I accept the things that I cannot change. I learn from them.

I choose to live in the present moment.

I worry less and less about the future and I no longer dwell on the past.

I no longer focus on negative things, instead I focus on the positive.

When I notice negative thinking in my mind, I quickly replace those thoughts with positive ones.

I am calm and relaxed even in stressful situations.

When I am feeling stressed, I use my relaxation breathing to relax my mind and body.

My body is relaxed and comfortable. I release my muscles from all tension.

I choose a positive attitude. Optimism comes naturally for me.

I take good care of myself.

My mind is focused and full of positive thoughts and ideas.

I am able to relax my mind anytime I choose.

When stressful situations arise, I will accept and float with it.

I am able to encourage myself when things don't go the way I expect or plan.

I do not have enough time in the day to worry.

I focus my mind on things I can change and let go of the things I can't.

I always repeat healthy, positive thoughts to myself throughout the day.

When I am calm and relaxed, I am helping to create a healthy mind and body for myself.

I feel good when I am calm and relaxed. My brain feels focused and alert.

I exercise and eat right. I understand that both of these things contribute to my good health.

I am strong, capable and self assured.

I am responsible for myself and my life.

I make good choices for myself.

When negative situations arise, I remind myself "*this too shall pass*".

I can handle anything that comes my way. I am a good problem solver.

When I am overwhelmed, I will prioritize and only do those things that are most important to me at that time.

I no longer worry. Instead, I focus my mind entirely on the *here and now*.

Every day I feel more and more in control of my feelings and emotions.

I enjoy taking care of myself. It makes me feel good inside and out.

I choose to stay relaxed and focused no matter what situation I am facing.

I am calm, relaxed, safe and secure. My body and mind are strong and capable.

Stress is manageable. I will manage the stress in my life in a positive, healthy way.