



A Gentle Space for Safety & Calm

Affirmations are gentle, repeated statements that can help shape how we think and feel over time.

When anxiety is present, our mind can often focus on fear or what might go wrong.

Affirmations offer a different voice—one that is calm, supportive, and reassuring.

Even if they don't feel fully true at first, repeating them can begin to soften how we respond internally.

Sometimes we begin by saying the words... and over time, we start to feel them.

Fake it until you become it.

You might gently repeat:

- I am safe in this moment.
 - My body is allowed to soften.
 - This feeling will pass.
 - I can take this one breath at a time.
 - I do not have to have everything figured out.
 - I am allowed to slow down.
 - I can support myself through this.
 - My thoughts are not facts.
 - I am doing the best I can.
 - It is okay to rest.
 - I am allowed to feel calm.
 - I am safe enough right now.
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