

## Supporting the anxiety (intervention)

Supporting approach	Making it successful	Resources
<p><b>'Positive affirmations'</b></p> <p>One of the key theories underpinning positive affirmations is 'self-affirmation theory.' The theory focuses on how we adapt to experiences or information that threaten our self-concept. By focusing on values that are relevant to us, we are less likely to feel threatened when we receive information that contradicts our sense of self.</p> <p>Put simply, positive affirmations are positive phrases or statements used to challenge negative or unhelpful thoughts we might have about ourselves.</p> <p>They can be used to motivate ourselves, encourage positive changes in our life or boost our self-esteem, for example.</p> <p>The key thing is practise! Remember, your brain is a muscle and needs to be exercised.</p>	<p>Whilst repeating positive affirmations daily is not going to immediately make your anxiety disappear, regular practice can help you to see yourself in a more positive light, which may have positive effects in reducing anxiety in the longer term.</p> <p>There are many affirmation cards available to buy. Try to find a set that taps into the areas you feel need most positivity, for example physical health, body image, relationships and so forth.</p> <p>You could also make your own, for example:</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around; align-items: flex-start;"> <div style="border: 1px solid black; padding: 5px; margin: 5px; width: 30%;">I am in harmony with all that surrounds me. I am at peace.</div> <div style="border: 1px solid black; padding: 5px; margin: 5px; width: 30%;">I choose to be proud of myself.</div> <div style="border: 1px solid black; padding: 5px; margin: 5px; width: 30%;">I choose what I become.</div> <div style="border: 1px solid black; padding: 5px; margin: 5px; width: 30%;">I stay focused on my vision and pursue my daily work with passion.</div> <div style="border: 1px solid black; padding: 5px; margin: 5px; width: 30%;">I love myself deeply and unconditionally.</div> <div style="border: 1px solid black; padding: 5px; margin: 5px; width: 30%;">My goal is always to create harmony and clarity.</div> </div>	<p>Available to buy online or make your own!</p>