

KILSYTH ACADEMY

POSITIVE COPING STRATEGIES

POSITIVE AFFIRMATIONS

Affirmations are positive statements that help you overcome negative thoughts. These can lead to you thinking differently and making positive changes.

The below positive affirmations can be used to help you to think positively and combat negative thoughts / feelings you may experience.

You can repeat these affirmations in your mind, by saying them out loud or writing them down.

Affirmations to try

- I control my own actions, so I will focus on acting positively.
- I am not scared of challenges, I will learn from them and succeed
- I know tough times never last.
- I will work around the obstacles in my way to be the best version of me.
- I have what I need to get through this.
- I get stronger every day.
- I will learn from today and be a better me tomorrow.

MAKE YOUR OWN POSITIVE AFFIRMATIONS

Try to make affirmations which are positive and feel right for you. These should be short and easy to repeat internally, out loud or on paper.

