

We all have stress — especially during these unprecedented times. Stress can keep you from feeling and performing your best — mentally, physically and emotionally so it’s important to know how to manage the stress in your life.

One thing that can impact our stress levels is the way we talk to ourselves. That voice in your head that says “I can’t” or “this won’t work” increases stress. Thankfully with a little effort we can shift our internal dialogue to be more positive and ultimately more calming.

One way to help you think more positively is to practice daily affirmations. By repeating affirmations you, you can manage stress in a healthy way. When you make it a habit to think more positively, you pave new pathways in your brain and it becomes easier to reach for positive thoughts in times of stress.

# **10 Positive Affirmations to Practice**

1. **I can move in a different direction.**
2. **There is an option to love here.**
3. **My true purpose has no time limit and no deadline.**
4. **I give myself space to grow and learn.**
5. **Beautiful things emerge from the most unlikely places.**
6. **Feeling stuck is a feeling and not a fact.**
7. **Though these times are difficult, they are only a short period of life.**
8. **I’m willing to change how I’m experiencing my life.**
9. **When everything falls apart, I have an opportunity to rebuild.**
10. **I am grateful for the things I have.**

It might help to pick a couple affirmations that resonate with you and write them on a sticky note, then place them in a spot you see frequently like near your workspace, in the bathroom or on the refrigerator.

Remember, smalls steps each day can make a big difference in how you manage stress and in your overall health.

Interested in learning more? Visit [heart.org/bewell](https://www.heart.org/en/healthy-living/healthy-lifestyle) for more tips on how you can continue to Be Well.

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