

# AFFIRMATIONS FOR MORE GOOD DAYS AND WHY THEY WORK

**Affirmations are statements you say or think to yourself that reinforce what matters to you and who you want to be. They remind you that you are strong and help you focus on your values and on what makes you feel calm and confident.**

Affirmations aren't just about positive thinking. They help your brain focus on what matters most, so stress feels less overwhelming, and you become more resilient over time. [Studies on affirmations](#) have found that they can improve people's overall well-being, help them feel better about themselves, and reduce anxiety. On top of that, the effects of affirmations are immediate and long-lasting.

Try some of the affirmations below to support more good days and get through the hard ones.

**I am capable of finding a community that protects, affirms, and celebrates me. I will not allow past experiences to block me from the connection that I deserve.**

**When I slow down and take notice, I am inspired by my resilience, strength, and intelligence.**

**My feelings are designed to communicate needs that I may not notice otherwise. I can reflect on them with curiosity instead of shame and discover new pathways to brighter days.**

**I give myself permission to experience the best things about today in a present and grounded body.**

**I have the power to practice daily routines that nourish my physical and mental health. As I do so, I won't forget that rest, connection, and stillness are pivotal pieces of those routines. .**

**I trust my inner wisdom to lead my decisions today.**

**My creativity is fueled by rest and connectedness. I have the capacity to surprise myself, and my imagination deserves space to play.**

**I will continue to imagine a world where my needs and wants are a priority. I refuse to shrink myself because living an authentic life is a gift to myself and others.**

**I am committed to discovering or creating spaces that honor every aspect of me. I deserve to bask in the joy of being seen, affirmed, and loved fully.**

**If having good days feels hard, know that help is available and that you are not alone. Check on your mental health with a free, quick, anonymous test at [mhascreening.org](https://mhascreening.org).**

**Explore additional resources and tools for more good days at [mhanational.org/may](https://mhanational.org/may).**