

Coping Affirmations

12 things you can say to yourself when it all gets a bit much...

I can handle this
one step at a
time

I feel sad and
disappointed but
that's okay

I belong and I am
loved – no matter
what

I'd choose an
easier way, but I
can do this

I am capable of
doing tough
things

I need to do the
next thing and
breathe

It's okay not to be
okay right now

Not everything I
think is true and
factual

Feeling anxious
and scared gives
me a chance to
be brave

No matter how
hard, I am strong
enough to get
through this

It's going to be
tough but it isn't
going to last
forever

I've dealt with
harder things, I
know it will get
easier

Coping Affirmations are not about being positive straight away- instead they focus on trying to find a positive and recognising that there is a way to change your mindset towards a more positive situation or outcome. It's important to recognise that things aren't okay, that it's okay not to be okay and how to work towards a positive outlook which will in turn bring a positive solution.

Miss Tinks X