Affirmations For Anyone Struggling With Anxiety

Affirmations for anxiety to help you calm down quickly.



- [ ] I am a strong, independent person.
- [ ] Breathing in, I calm my body; breathing out, I smile.
- [ ] There are no mistakes, only lessons to be learned. I did the best I could.
- [ ] I am prepared for change. I am strong.
- [ ] I am capable of solving any problems that face me.
- [ ] Anxiety might make me feel uncomfortable, but I am in charge of my mind & body.
- [ ] This too shall pass and I can stand this.
- [ ] I have the power to stop this.
- [ ] I will make this happen.
- [ ] am relaxed; I am calm.
- [ ] I am attracting positive energy into my body.
- [ ] I'm strong and can persevere.
- [ ] My anxiety does not control me.
- [ ] I will only allow healthy things in my life right now
- [ ] I can overcome my fear of anything and everything and live life courageously.
- [ ] I can take things one step at a time.
- [ ] I've survived this before; I'll survive now.

- [ ] I'm actively taking steps to reduce my anxiety.
- [ ] I'm courageous and can make it through.
- [ ] I am in control of my thoughts and my life.
- [ ] This is only temporary.
- [ ] My challenges bring me better opportunities.
- [ ] I have made it before, and I Will make through again.
- [ ] I'm attracting positive energy in my bod

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