



# nAMI Walks

YOUR WAY

## Mindful Monday



### Daily Positive Affirmations

When we have negative thoughts about ourselves, our confidence, mood and outlook can also become negative, dragging us down emotionally and increasing stress, anxiety and depression. It's important to break the negative cycle.

One way to do this is through daily affirmations. These are positive statements or phrases that are used to challenge negative or unhelpful thoughts. They can be simple and short, motivational, general or specific. When you first set out to try this, it may feel awkward and you may consider these to be unrealistic or "wishful thinking." However, it takes practice and repetition. Stick with one and repeat it daily or try a different affirmation each day. Whatever calms your body, increases your confidence and pushes away those negative thoughts, will be a benefit to you and your mental health.

#### Here are a few affirmations to get you started:

- I am worthy of good things.
- I am a loving human being.
- I will be present and calm today.
- I can take things one day, or one hour, at a time.
- I appreciate my life and find things to be grateful for.
- I let go of what I can't change and do my best with what I can.
- I am happy.

There are many positive affirmation lists online to choose from or you can write your own. [You can also use a guided affirmation video such as this one from The Daily Positive.](#)

### NAMI Vermont Minute:

Much like a daily affirmation, NAMI Vermont can also provide support and hope. In addition to our programming, we also provide one-on-one support, information and referrals to individuals living with mental health conditions, as well as to their families, friends and providers. In 2019, we responded to 424 people through calls, emails and walk-ins. If you are looking for resources or need support, please reach out to [info@namivt.org](mailto:info@namivt.org) or 802-876-7949 or our toll-free number: 800-639-6480.