

# Positive Affirmations for Anxiety

1. My feelings and thoughts are valid.
2. The panic I feel is only temporary.
3. I am a beautiful person, inside and out.
4. I will smile, breathe, and go slowly.
5. Everything is going to be alright.
6. I feel grounded in this moment.
7. Today, I choose only happiness and joy.
8. I celebrate everyday wins, big or small.
9. I've got my back.
10. My anxiety doesn't define me.
11. I feel totally safe, calm, and at peace.
12. Tomorrow is a brand new day.
13. I embrace new opportunities as they come.
14. I am loved.
15. I will focus on today -- one thing at a time.
16. Self care is important.
17. It's okay to say no for my mental health.
18. I give myself permission to take a break.
19. I feel centered & grounded.
20. I'm looking after my body & mind first.
21. Despite any challenges, I will persevere.
22. I let go of toxic and negative thoughts.
23. I will live authentically and follow my dreams.
24. I am capable of anything I set my mind to.
25. My life journey is beautiful.
26. I am enough.
27. I can make the most of today.
28. I am strong.
29. I am doing the best that I can.
30. As I breathe out, I let go of stress.
31. I speak kindly and respectfully to myself.
32. I trust myself.
33. I will continue healing from past hardships.
34. I have all the tools that I need.
35. I am in control of my body.