

MAY 2022: SELF-AFFIRMATIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 My mental and physical health matters. 	2 I can take deep breaths to stay calm.	3 My challenges and mistakes help me grow.	4 My thoughts and feelings are important.	5 I can ask for support from trusted adults.	6 I am not alone. 	7 I am resilient.
8 I am open and ready to learn.	9 I am learning to be a good friend.	10  I can celebrate everyone's differences.	11 I have what it takes to succeed.	12 I am learning right from wrong.	13 My emotions and feelings can change.	14  I am learning to control my response.
15 I am safe. 	16 It's okay to take a break.	17 My goals are achievable.	18 I belong and am loved. 	19 The world needs me.	20 I can do anything I set my mind to.	21 I am worthy of love and respect.
22 I can be kind wherever I go.	23 I can advocate for myself.	24 It's okay, to not be okay.	25 I trust myself.	26 I am stronger than I think. 	27 I am brave enough to try.	28 I am learning new coping skills.
29 I will try my best.	30 Today is a fresh start. 	31 I love myself.	<p>Resilience is the ability to bounce back after a difficult time, is what helps us cope when things go wrong, and can make us stronger than we were before. To learn more about resiliency, visit:</p> <p>Find additional resources to support a child's mental health at: www.ChildrensMentalHealthMatters.org</p>			