



## USE OF POSITIVE AFFIRMATIONS IN TIMES OF UNCERTAINTY

Globally, we are currently in a near-constant state of high alert: social distancing, disinfecting and shooting distrustful glances at anyone who steps inside our six-foot radius.

It is hard for many of us to be positive and calm when we are dealing with uncertainty, anxiety, and fear. It is one thing to worry about the future and it is another to worry about how we will get through the day, and whether we and our loved ones will actually get through the day. Illness, loss of income, poverty, debt, isolation, death, our stressed offspring and other worries that depress us are causes of grief and panic. We feel even more anxious when we perceive a lack of control. However, the reality is that we are never in control of what happens around us.

There are some steps we can take to manage our mindset and help calm ourselves in times of stress, and hardship. It is about taking personal responsibility for **my** thoughts, **my** beliefs, **my** feelings, **my** words, and **my** actions – positively affirming ourselves.

**Positive affirmations** are an effective tool to shift our mood and ease anxiety and fear in times of uncertainty.

When we craft our words, we also craft our world. The energy of each word we utter can shape the universe around us.

Positive words can shift our attention to high vibration energy: love, gratitude, compassion, courage, patience – those divine gifts we can access in an instant.

Positive affirmations help us step into our inner powers without requiring us to drop everything we are doing.

We can speak affirmations to ourselves while we are doing pretty much anything – and it only takes a few seconds. They help to calm our anxious mind when we start panicking and worrying, getting consumed by irrational fears and overwhelmed by “*what ifs*” that may never happen.

We **can** release fear and anxiety. Right now, it may seem like there is fear everywhere, but it does not have to find its way inside of us (or at least if it does, it does not have to stay there for very long). Despite the virus, many



things are still good. We can follow the careful steps we are taking to separate ourselves from the virus and apply them to fear: keep fear at a distance away from us at all times, through changing our narrative.

We do have the ability to change our narrative whenever we choose through the thoughts we entertain. Thoughts are powerful. Thoughts lead to actions. Actions over time become habits. Habits impact character. Ultimately, our thoughts create our destiny.

Below are some affirmations that can help us overcome fear and anxiety. Repeat the statements slowly to yourself. Repeat them as many times as possible.

I feel stressed but it will pass.

I am not afraid today.

I am always divinely protected.

My fear is not real.

Fear is simply an imagined narrative in my mind.

I am no longer attached to this narrative.

The future no longer frightens me.

I look around and see that I am surrounded by beauty.

My negative thoughts are gone.

I am full of positive and loving energy.

I have been through hard times before and survived them.

I believe in my ability to get through tough times.

I appreciate my life and there are things to be grateful for.

I can find joy and gratitude even in a time like this.

There are no obstacles I can't overcome.

I am divine and being calm and still is part of my nature.

I am in control of my own happiness.

Today I let go of fear. I embrace simplicity, peace and love.

*During these trying times, let us all remember to show ourselves grace!*



## **Affirmations for Children**

I am safe.

I am loved.

I am calm.

I am protected.

I am supported.

I am not alone.

I am not afraid.

I can meet this challenge.

I am healthy.

I am peaceful.

I enjoy being cheerful.

I am a winner.

I am strong and I will get through this.

I will be okay.

I will focus on what makes me happy/smile.

I keep my body healthy.

I have positive thoughts.

This is a chance to grow.