

MENTAL HEALTH AWARENESS WEEK

10 - 16 MAY 2021

5 DAILY POSITIVE
AFFIRMATIONS TO
HELP YOU BREAK
NEGATIVE SELF-TALK



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"I LOVE MYSELF
FOR WHO I'M"



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“I CHOOSE TO LET
GO OF THE PAST
AND STOP
WORRYING ABOUT
THE FUTURE.”



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"I'M WORTHY OF
LOVE
AND HAPPINESS"



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Stress Management Society

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"I'M STRONG AND I
CAN BECOME
ANYTHING I PUT MY
MIND TO"



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"I HAVE FAITH IN
MY ABILITIES"



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