

Positive Thinking & Affirmations

Affirmations and positive thinking can play a critical role in improving and maintaining our mental health.

THE POWER OF POSITIVE THINKING

A positive attitude has been linked to improved life satisfaction and health outcomes. Studies have shown connections between smiling *or even fake smiling* and reduced blood pressure and heart rate during stressful events. Increasing positivity is possible with simple practices and consistency.

Source: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-power-of-positive-thinking>.

AFFIRMATIONS

Affirmations are a proven way to improve self-esteem and reduce anxiety. By focusing on your strengths, values, and confidence, you can build resilience through affirmations. Affirmations can be used as a daily ritual or as an occasional boost. Think about creating your own affirmations or use affirmations others have created that you feel will benefit you! See the examples for ideas!

I trust myself to make decisions that are best for me today. I deserve to have my needs met and feel listened to and respected.

I give myself permission to slow down and be in the moment, grounded and present to enjoy the good things about today.

For more information and examples of affirmations, check out this short read from Mental Health America: <https://mhanational.org/wp-content/uploads/2026/03/Affirmations-for-more-good-days.pdf>

Mental Health Month is celebrated in May each year, reminding us about tools like affirmations. Remember to work on positive thinking, affirmations, and other mental health boosters as a part of daily life, focusing on mental health beyond Mental Health Month!

Touchstone Health Services provides comprehensive behavioral health services to youth, young adults, and their families. If you are interested in learning about our services, head to our website or get in touch!

 www.touchstonehs.org  866.207.3882

 facebook.com/touchstonehs  @touchstonehealthservices

 **touchstone**
health services
partnering with families