

Affirmations for Stress Management

1. I am relaxed and calm.
2. I am at peace.
3. I am free from stress.
4. I release all tension from my body.
5. My body is healing.
6. I let go of my worries.
7. I let go of fearful thoughts.
8. I embrace peace and tranquility now.
9. I am in control of my life.
10. I am peaceful and centered.
11. Peace is power.
12. I practice healthy self-care every day.
13. I set and maintain healthy boundaries.
14. I am surrounded by kind and loving beings.
15. I am supported by the divine.
16. I embrace balance in all things.
17. I will always do my best and my best is enough.
18. I know I am worthy of good things.
19. I know I am loved and appreciated.
20. My talents are endless and I tap into them to better my situation.
21. I am grateful for all my gifts.
22. I connect with my higher-self and listen to my inner wisdom.
23. I am confident, I am strong, I am capable.
24. I live a calm and empowering life.
25. My life is full of joy and laughter.
26. I radiate peaceful energy.
27. I embrace good self-care.
28. I live a healthy life.
29. I know my worth.

30.I am centered, and peaceful.

31.Things always work out for my highest good.

32.Relaxation is my natural state.

33.I am a being of light.

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Reiki Blessings!