

101 Positive Things To Say To Myself

1. I love myself.
2. The world has a need for me.
3. I am unique.
4. I can and I will do things to promote healing in my life.
5. I can handle this one step at a time.
6. The sun is shining; I am ready to take on another day.
7. My problem has a solution; I will work on a plan.
8. I am a survivor.
9. I refuse to give up because I haven't tried all possible ways.
10. I will inhale confidence and exhale doubt.
11. I may be one in 7 billion but I am also one in 7 billion!
12. I am smart.
13. I believe I can change the world (or at least my corner of it).
14. I am important.
15. Today, I will celebrate me.
16. I matter.
17. I can find peace through prayer and meditation.
18. I am strong.
19. My confidence is beautiful.
20. I am imperfect but I'm still perfectly me.
21. My smile can make anyone feel better.
22. I choose to focus on what I can control.
23. Everything will work out in the end. If it hasn't worked out yet, it's not the end.
24. I am happy with who I am.
25. Every day, in every way, I am becoming better and better.
26. I am a good person.
27. I keep going because I believe in myself.
28. I choose to see the good in the people I interact with today.
29. It is always too early to give up on my goals.
30. I can reach out for help if I need it.
31. I am special; I will not change myself for anyone.
32. I choose hope.
33. The answer is right before me, even if I do not see it now.
34. I am thankful for....
35. I choose to take good care of myself.
36. I accept myself.
37. I can make a difference.
38. My past does not define my future, I do.
39. My life is filled with possibility.
40. I refuse to be pushed by my problems; I will be led by my dreams.
41. I am awake and ready to be awesome.
42. I will focus on my talents; I have things to share with the world.
43. I choose to have the strength to move on to healthier relationships.
44. I deserve to have good things in life.
45. I release myself from my anger.
46. I love who I am.
47. I will allow peace to fill my soul.
48. Today is a new day; I will see what adventure it holds.
49. I choose to be proud of myself.
50. I will do my absolute best in all things.
51. I will speak kindly to others and to myself.
52. I choose to be brave and tell others if I need support.
53. I have the power to control my reactions to the challenges I will face.
54. I am becoming healthier each and every day.
55. I choose to see each obstacle as an opportunity to grow.
56. I will step out of my comfort zone and try something new today.
57. I am a success; I can make this day great.
58. Note to self: You are amazing.
59. I can control my breathing.
60. I will stay calm, it will get better.
61. I will allow myself to forgive; it will allow me to move beyond the pain, to a place of peace.
62. I choose to make today amazing.
63. I choose to let the past go and move on to the future.
64. Today, I will be courageous.
65. I release all fear from my mind.
66. I can reach my goals, I am unstoppable.
67. I am ready to write a new chapter for my life.
68. I will take time to notice and be thankful for the little things.
69. I can write down my thoughts and take control of my emotions.
70. I am a child of God.
71. My hard work is already paying off.
72. I am thankful for life.
73. I choose to be happy.
74. I accept the good that is flowing into my life.
75. I will not allow anxious thoughts to steal my joy.
76. Today, I forgive myself.
77. My body knows how to get better; I will listen to it and rest when needed.
78. I am stronger than my worries.
79. I am not the only one who struggles; I choose to be kind to everyone I meet.
80. Yesterday was a bad day, not a bad life. Today will be better.
81. I am braver than I feel.
82. While I wait for the storm to pass, I will choose to dance in the rain.
83. I am loved.
84. I will remember; often difficult roads lead to beautiful destinations.
85. There is more to this life than this moment; I choose to keep moving forward.
86. I am capable of bringing my dreams to life.
87. I am okay. I am breathing. I am alive.
88. I am capable of achieving great things.
89. I light the world with my smile.
90. My spirit is beautiful.
91. I make a difference in the world.
92. I allow myself to take a break and do something I enjoy.
93. I can show kindness to others.
94. I'm not sure what will happen tomorrow, but I'll take care of myself so I am strong enough to face it.
95. I choose to approach my problems with a calm heart and mind.
96. I trust myself.
97. I will do my best with whatever comes my way.
98. I have a purpose that I am fulfilling.
99. I will listen to that whisper of hope that says, 'you can do it, try again'.
100. I can change my life.
101. I will learn from yesterday, live for today and hope for tomorrow.

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99 Coping Skills

1. Exercise (running, walking, etc.)
2. Put on fake tattoos
3. Write (poetry, stories, journal)
4. Scribble/doodle on paper
5. Be with other people
6. Watch a favorite TV show
7. Post on web boards and answer others' posts
8. Go see a movie
9. Do a word-search or crossword
10. Do schoolwork
11. Play a musical instrument
12. Paint your nails, do your make-up or hair
13. Sing
14. Study the sky
15. Punch a punching bag
16. Cover yourself with Band-Aids where you want to cut
17. Let yourself cry
18. Take a nap (only if you are tired)
19. Take a hot shower or relaxing bath
20. Play with a pet
21. Go shopping
22. Clean something
23. Knit or sew
24. Read a good book
25. Listen to music
26. Try some aromatherapy (candle, lotion, room spray)
27. Meditate
28. Go somewhere very public
29. Bake cookies
30. Alphabetize your CDs/DVDs/Books
31. Paint or draw
32. Rip paper into itty bitty pieces
33. Shoot hoops, kick a ball
34. Write a letter or send an email
35. Plan your dream room (colors/furniture)
36. Hug a pillow or stuffed animal
37. Hyper-focus on something like a rock, hand, etc.
38. Dance
39. Make hot chocolate, a milkshake or a smoothie
40. Play with modeling clay or Play-Doh
41. Build a pillow fort
42. Go for a nice long drive
43. Complete something you've been putting off
44. Draw on yourself with a marker
45. Take up a new hobby
46. Look up recipes, cook a meal
47. Look at pretty things like flowers or art
48. Create or build something
49. Pray
50. Make a list of blessings in your life
51. Read the Bible
52. Go to a friend's house
53. Jump on a trampoline
54. Watch an old happy movie
55. Contact a hotline/your therapist if you want, you can call us 1-800-448-3000
56. Talk to someone close to you
57. Ride a bicycle
58. Feed the ducks, birds or squirrels
59. Color
60. Memorize a poem, play or song
61. Stretch
62. Search for ridiculous things on the internet
63. "Shop" on-line (without buying anything)
64. Color-coordinate your wardrobe
65. Watch fish
66. Make a CD/play-list of your favorite songs
67. Play the "15 Minute Game" (Avoid something for 15 minutes, when time is up start again)
68. Plan your wedding/prom/other event
69. Plant some seeds
70. Hunt for your perfect home or car on-line
71. Try to make as many words out of your full name as possible
72. Sort through/edit your pictures
73. Play with a balloon
74. Give yourself a facial
75. Play with a favorite childhood toy
76. Start collecting something
77. Play a video/computer game
78. Clean up trash at your local park
79. Look at yourlifeyourvoice.org
80. Text or call an old friend
81. Write yourself an "I love you because..." letter
82. Look up new words and use them
83. Rearrange furniture
84. Write a letter to someone that you may never send
85. Smile at five people
86. Play with your little brother/sister/niece/nephew
87. Go for a walk (with or without a friend)
88. Put a puzzle together
89. Clean your room/closet
90. Try to do handstands, cartwheels or backbends
91. Yoga
92. Teach your pet a new trick
93. Learn a new language
94. Move EVERYTHING in your room to a new spot
95. Get together with friends to play frisbee, soccer or basketball
96. Hug a friend or family member
97. Search on-line for new songs/artists
98. Make a list of goals for the week/month/year/5 years
99. Perform a random act of kindness

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Creating a Safety Plan

A Safety Plan is a brief written list of strategies that can help you cope with life's challenges. It outlines steps that you can use to deal with any negative thoughts and emotions that you might experience.

<p>1. Triggers/Warning Signs: <i>What causes these feelings?</i> <i>How can you recognize when you start to feel bad?</i></p>	<p>2. Coping Skills/Distractions <i>What will help you to take your mind off your problems?</i></p>
<p>3. Social Settings & People <i>What social settings could provide you with an outlet or means of temporary escape?</i></p>	<p>4. Supportive People <i>What friends, family, or others you trust could you ask for help?</i></p>
<p>5. Professionals <i>Who could you contact during an emergency / crisis?</i></p>	<p>6. Safe Environment <i>What might you need to avoid or remove (i.e. harmful objects)?</i></p>
<p>7. Reasons for Living <i>What motivates you to keep going? Who or what do you care about most?</i></p>	<p><u>YOUR</u> Life <u>YOUR</u> Voice TEXT VOICE to 20121 noon-midnight CST or call 1-800-448-3000 24/7</p>

CRISIS & WARM LINES

**1. Talk Line-California 1-855-5TalkLine or
1-855-582-5554**

- Non-Crisis Peer Support
- Hours 4:30pm-9:30pm (7days a week)

**2. National Suicide Prevention Line
1-800-273-TALK (1-800-273-8255)**

- Suicide Lifeline (24/7)
- 1-888-628-9454 Spanish

**3. Youth America Hotline (YAH)
1-877-968-8454**

- 24/7 Suicide Prevention
- 24/7 Talk Line

**4. California Youth Crisis Lines
1-800-843-5200**

- Ages 12-24 years of age
- 24/7 Crisis Support
- 24/7 Resources Line
- Counseling, runaway, pregnancy, counseling, suicidal, depression, HIV/AIDS

5. Trevor 1-866-488-7386

- Gay, Lesbian, Transgender, Bisexual, and Questioning Youth
- Suicide Prevention
- Crisis Support

6. VET-2-VET 1-877-838-2838

- Crisis Support 24/7
- Suicide Prevention 24/7
- Veteran Resource

7. Community Connect 1-951-686-4357

- 24/7 Resource for Riverside County
- 24/7 Crisis Support
- 24/7 Suicide Prevention

8. CrisisChat.org

- Emotional Support
- Crisis Support
- Suicide Prevention

**9. National Hope Line
1-800-784-2433**

- 24/7 Talk Line

**10. National Suicide Hotline
1-877-727-4747**

- 24/7 Suicide Prevention

STEPS YOU CAN TAKE DURING AND AFTER CRISIS

1. *Distract yourself (Find something else to do).*
2. *Remove yourself from the situation.*
3. *Go to a community support groups (NA, AA, ACA, NAMI).*
4. *Call or talk to a trusted friend or family member.*
5. *Call your regular psychiatrist or therapist.*
6. *Go to your regular clinic.*
7. *Call one of the crisis numbers listed on this sheet.*

GUIDED IMAGERY

When dealing with anxiety or stress, a person can start to feel overwhelmed to the point that it affects different aspects of their life like sleeping, their mood, or the ability to stay focused. Guided imagery, also known as visualization, can be used as a stress management or a grounding technique.



How To:

1. Get comfortable on a couch, chair, your bed, or somewhere you can relax.
2. Start out with some deep breathing to help calm your mind and body. Take a deep breath in through your nose and out through your mouth. If you're struggling to slow your breathing, try breathing in for three seconds, holding it for three seconds, and breathing out for three seconds.
3. Picture your happy place in your mind. This can be any place that you genuinely enjoy being or a place that brings you peace. (Ideas might include the beach, the park, a mountain, football field, basketball court, a farm, a church, a garden, or a fictional place.)
4. Once you have your happy place in your head, you're going to engage your senses and identify everything that you can see, hear, smell, touch, and taste. Get into as much detail as you can. The more specific you get the more focused you get.

Short example:

Imagine yourself sitting on the beach at the lake, you look up and it's a warm sunny day. You can see the waves in the water, the clouds in the sky, the people and boats all around you. You can hear the laughter of the kids that are playing, the sound of the wind blowing things around you, and the sound of the boats driving around in the distance. The sun is warm on your skin and you can feel the sand between your toes. The smell of sunscreen, nature, and the water are in the air. You can even imagine tasting your favorite snack or drink.

The goal of guided imagery is to relax both your mind and body, and to promote positive thinking. Think of it as daydreaming with a purpose. An added benefit is that it can be done anywhere and at any time you feel the need to center yourself and be present in the moment.

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STOP NEGATIVE THOUGHTS

Did you know that the thoughts that you think dictate the feelings that you feel? Feelings and emotions are a result of chemical reactions taking place in your body. These reactions are responsible for negative emotions like anger and sadness, as well as positive feelings like love and happiness. So it makes sense that in order to overcome negative thoughts you must change your thought pattern, otherwise known as using "thought stopping."



Getting Started

Next time you are feeling down, upset, or negative try keeping track of your thoughts for a few hours. Carry a small notebook, or use your phone or tablet to keep track of every negative or sad thought that you have. You might be surprised to see how many of your thoughts are negative. Of course the fact that you are even keeping track of your thoughts can impact what you are thinking about. Studies show that the average person thinks a negative thought every two minutes! After writing down the negative or sad thoughts, immediately write down or say out loud a positive thought.

Come up with a list of positive thoughts that you can tell yourself, or use **our list**. Keep your list with you so that it is ready when you encounter negative thoughts.

Practice

The more that you practice thought stopping and start replacing those negative thoughts with positive statements, the better you will feel over time. Negative thinking is a habit, and like all habits, it takes time and effort to break.

In the same way, positive thinking is a skill that must be used over and over again before it becomes effective. By learning to take care of yourself and by controlling your thoughts, you can learn to overcome negative feelings associated with depression. Give yourself 30 days to work on changing your thoughts and you will start to notice significant differences in the way that you feel.

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LETTING GO OF NEGATIVE FEELINGS

Feelings impact what you think and how you behave. By acknowledging your true feelings, you can begin to identify causes for your emotions, thoughts, and behavior.



Negative Feeling ➤

~~~~~  
What is causing me to feel this way?

What is preventing me from letting go of my negative feelings?

How can I either change the situation or cope with it?

“  
Feelings are just visitors, let them come and go.  
- Mooji  
”

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