



Affirmations to manage Overwhelm

I am capable
of handling
anything that
comes my way.

I release the need
for perfection
and embrace my
best efforts.

I trust in my
ability to navigate
tough situations.

I am deserving
of compassion
and kindness.

I choose to
focus on what I
can control.

I am stronger
than my
challenges.

I am more
than my stress
and anxiety.

I have the power
to create change
in my life.



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This little card pack contains 31 affirmations to help manage overwhelm.

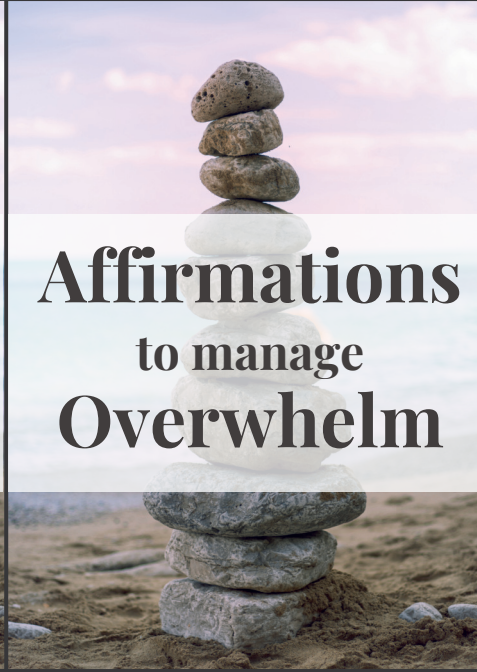
Draw inspiration and guidance by keeping one where you can see it. Perhaps on your desk, or beside your bed, to bring positive vibes to your world.



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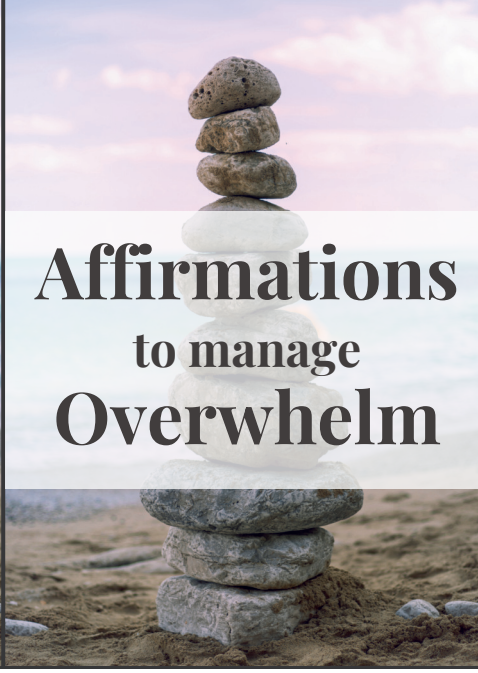
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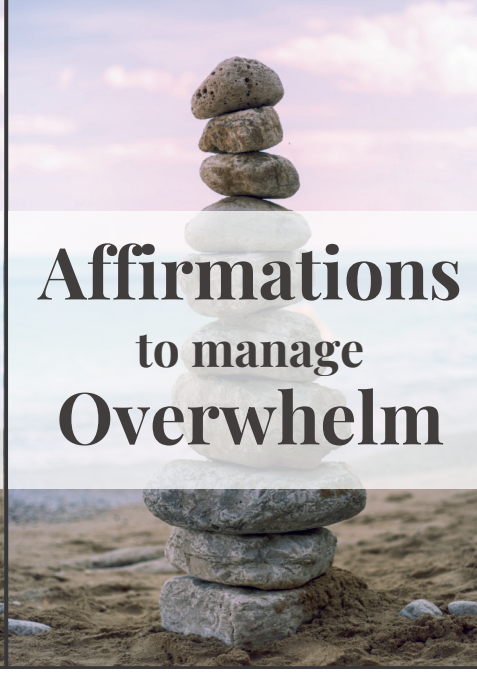
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Step by step, I am making progress.

Every day, I grow stronger and more resilient.

My peace is a priority.

I choose to find joy in the small moments.

I am worthy of taking time for myself.

I give myself permission to pause and recharge.

I allow myself to let go of what I can't control.

My mental health is as important as my physical health.

My feelings are valid and important.



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I am surrounded
by love and
support.

I am learning to
embrace the
journey, not just
the destination.

I am not alone in
my feelings.

I am open to new
ways of reducing
overwhelm.

I am worthy of
peace and calm.

My challenges do
not define me.

I am allowed to
set boundaries
for my wellbeing.

I am a work in
progress, and
that's okay.

Every breath I
take is an
opportunity to
feel calmer.



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I am deserving of
a peaceful and
joyful life.

I find strength in
vulnerability and
asking for help.

I am in charge of
how I respond to
life's stresses.

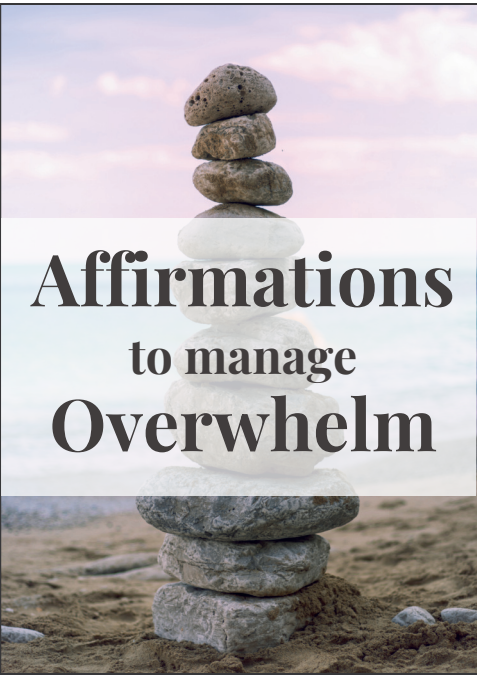
I am grateful for
the strength I find
within myself.

Today, I choose
to move forward
with confidence
and calm.

Blank space for writing.

Blank space for writing.

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