



What is it and why do I care?

Stress not only affects your health, but also can impact your ability to solve problems and be creative. Research has shown that using self-affirmation can boost your ability to solve problems under pressure. Identifying and focusing on your most important value's can protect against the damaging effects of stress on problem-solving performance. Using just a brief self-affirmation before going into a high pressure and stressful situation will improve your overall self-esteem and promote more success.

How do I use it?

Use these tips and examples to help give yourself positive self-affirmations, not only for yourself but for others as well:

Tips

- Ensure your affirmations reflect your *core personal values*. No sense in repeating something that does not connect with your own beliefs, values, or morals.
 - Ex: You believe that everyone is equal, so you tell yourself "I am as smart as all my other colleagues."
- Mix affirmations with meditation. Research shows that combining these two will help to improve sleep as well.
- Randomize when you do self-affirmations. Being spontaneous about affirmations improves hopefulness.
- Write your affirmations as well as saying them to yourself. Both methods can be very effective.
- Use your mirror at home in the mornings to look at yourself and recite positive affirmations.

Examples of affirmations for students

- "When I get a bad grade, I am motivated to do better."
- "I am determined, and I aim for the stars."
- "I set high standards for my academic achievement. By putting in time and effort, I can accomplish what I set out to achieve."
- "I appreciate my school, teachers, and classmates because they all play a role in helping me grow to be a better person."
- "Even on days when I don't make much progress, I am constantly learning. On other days, I make amazing progress toward my goals."

Apps for affirmations

- **ThinkUp:** Find dozens of affirmations from notable people such as coaches, athletes, authors, etc.
- **Shine:** Be sent SMS messages a day to your phone to receive affirmations.
- **Unique Daily Affirmations:** Receive push notifications, record audio and upload photos to personalize it to you.

Video Resources

https://youtu.be/9Uk_w-r7zv4

<https://youtu.be/Fo6oU4DfdH0>

<https://youtu.be/a7AFowdZul0>