

Wellness Tip **The Power of Positive Affirmations**

Positive affirmations are statements that we make to provide support and encouragement. We can provide affirming messages to both others and ourselves.

There is particular power in self-affirmation, because you may be in need of support and encouragement when you're alone or feeling an internal sense of uncertainty that others may be unaware of. Self-affirmation is essential for developing and maintaining a sense of self and self-worth. These are statements about yourself that you want to see evident in your life. They can remind you about who you want to be and what type of life you want to live.

Affirmations can be things you are already embodying, or they can be things you wish to embody in your life. By reminding yourself of the person you want to be – and the type of actions you want to take – self-affirmations can draw you toward that version of yourself you want walking around in the world.

Self-affirmation statements most often begin with the sentence stem “I am...” and are concise and easy to remember. For example, “I am doing my best” or “I am worthy of connection”. It is particularly in moments of struggle, difficulty, or uncertainty that affirmations can provide the boost needed to stay on track.

You are encouraged to write out a few statements of self-affirmation and keep them handy. For example, save the list as the lock screen on your phone, write them on a sticky note and put it on your bathroom mirror.

In the image below you'll see the affirmation calendar for July that artist Morgan Harper Nichols created. See if any resonate with you and use them if helpful. If you'd like the free download, access it at [July 2022 Affirmations Wallpapers by Morgan Harper Nichols for Garden2 – Garden24](#)



If you would like to talk with someone about your well-being, or for any other questions or concerns, feel free to contact the Medical Student Counseling Center to talk with a counselor or schedule an appointment:

osac-mscc@uiowa.edu | 319-335-8056 | 1240 MERF

Check out the MSCC Website for past Wellness Tips:

<https://medicine.uiowa.edu/md/student-support/student-counseling/mscc-wellness-programs-and-resources>

Remember, life is really hard at times - be gentle with yourself!

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Pronouns: she/her