

Affirmations

I will not wait to have a good day. I will make one.

I forgive myself and others, release the past and move forward with love in my heart.

I will not feel guilty for caring for myself.

I am grateful for who I am.

No one can make me a victim unless I allow them to.

I am naturally beautiful when I am myself.

Focusing on the present moment will make me less anxious

Please feel free to share with us your favorite affirmations! (maybe we could set up a link that goes to myself or someone and we can add “patient contributed affirmations” or something of that nature).

Coping/Containment Tools

- Engage your 5 senses (touch, sight, sound, smell and thought)
- Journal for 5 minutes without lifting your pen, let your thoughts flow
- Breath
- Create a playlist of songs that are pro-recovery
- Practice DEAR MAN skills (reference the DBT Skills workbook)
- Create a containment toolbox – include things that are calming to you and engage your 5 senses, bringing you to the present moment
- Pet your dog (or animal of choice)
- Go for a slow walk
- Paint your nails
- Take a bubble bath
- Complete a Mandala
- Call a friend (or two)
- Repeat your positive affirmations
- Listen to upbeat or calming music
- Start a puzzle
- Complete a crossword or Sudoku

Thank you to www.somethingfishy.org for the above affirmations. Discover more [affirmations and containment skills](#).