

# DAILY AFFIRMATIONS FOR STRESS MANAGEMENT

Positive affirmations are short statements that can help change your thinking, improve your mood, and reduce feelings of stress and anxiety. They can be incredibly beneficial to your self-esteem and mental health. Repeating affirmations consistently helps reframe your thoughts, giving you the ability to better handle life's challenges.

Begin by integrating positive self-talk into your daily routine. Write down encouraging notes that resonate with you or use our inspirational list as a guide. Customize it to suit your needs.

Keep your affirmations accessible, whether on your phone or a sticky note in a visible spot like the bathroom mirror or fridge. Reflect on them daily to gradually feel calmer and more confident, improving your ability to handle stress and setbacks positively.

## *Bonus tip:*

Set a reminder on your phone or schedule specific times to review and recite your affirmations.

## *"I am"* AFFIRMATIONS

*I am worthy of peace, love, and tranquility in my life.  
I am choosing to trust my ability to cope with challenges.  
I am in control and able to navigate whatever comes my way.  
I am resilient and capable of handling stress with grace and confidence.  
I am calm and centered, embracing my uniqueness as a source of strength.*

## *"I feel"* AFFIRMATIONS

*I feel confident, energized, and optimistic about my future.  
I feel grateful for the relationships, love, and support in my life.  
I feel motivated and inspired to manage stress in a healthy way.  
I feel calm and relaxed at home, at work, and in social situations.  
I feel optimistic about reaching my goals and attaining my dreams.*

## *"I love"* AFFIRMATIONS

*I love the calm and balanced person I am becoming.  
I love and embrace my confidence in new situations.  
I love and appreciate my body for its ability to relax and rejuvenate.  
I love and accept myself unconditionally, even in moments of stress.  
I love and celebrate my ability to embrace change as an opportunity for growth.*

## PROFESSIONAL, CONFIDENTIAL SUPPORT IS AVAILABLE: *We're Here to Help*

Affirmations are a valuable tool to enhance a healthy lifestyle, but we recognize that sometimes prioritizing your mental well-being can be a challenge. If you're experiencing persistent feelings of overwhelm, anxiety, or depression, **you're not alone** – and help is here if you need it.

Our programs offer caring support and guidance, addressing emotional challenges and helping you set and achieve balanced goals that align with your strengths, values, and identity. These resources are exclusively available to California Schools VEBA (CalVEBA) members and their dependents aged 18 and older.

## OPTUM EMOTIONAL WELLBEING SOLUTIONS (EWS):

*Support When You Need It*

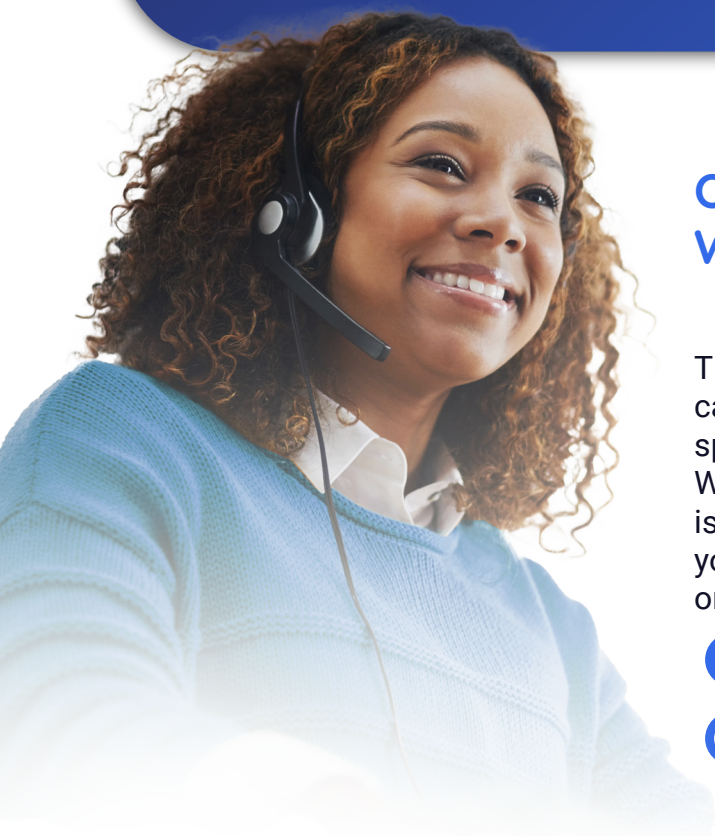
Through Optum Emotional Wellbeing Solutions (EWS), you can get short-term, no-cost counseling with a therapist and speak with an emotional support professional anytime, 24/7. Whether you're dealing with stress management, relationship issues, or other emotional challenges, EWS is here to assist you and your dependents. You can access support via phone or virtual appointments.



Call: 888-625-4809



Visit: [www.liveandworkwell.com](https://www.liveandworkwell.com) (access code: VEBA)

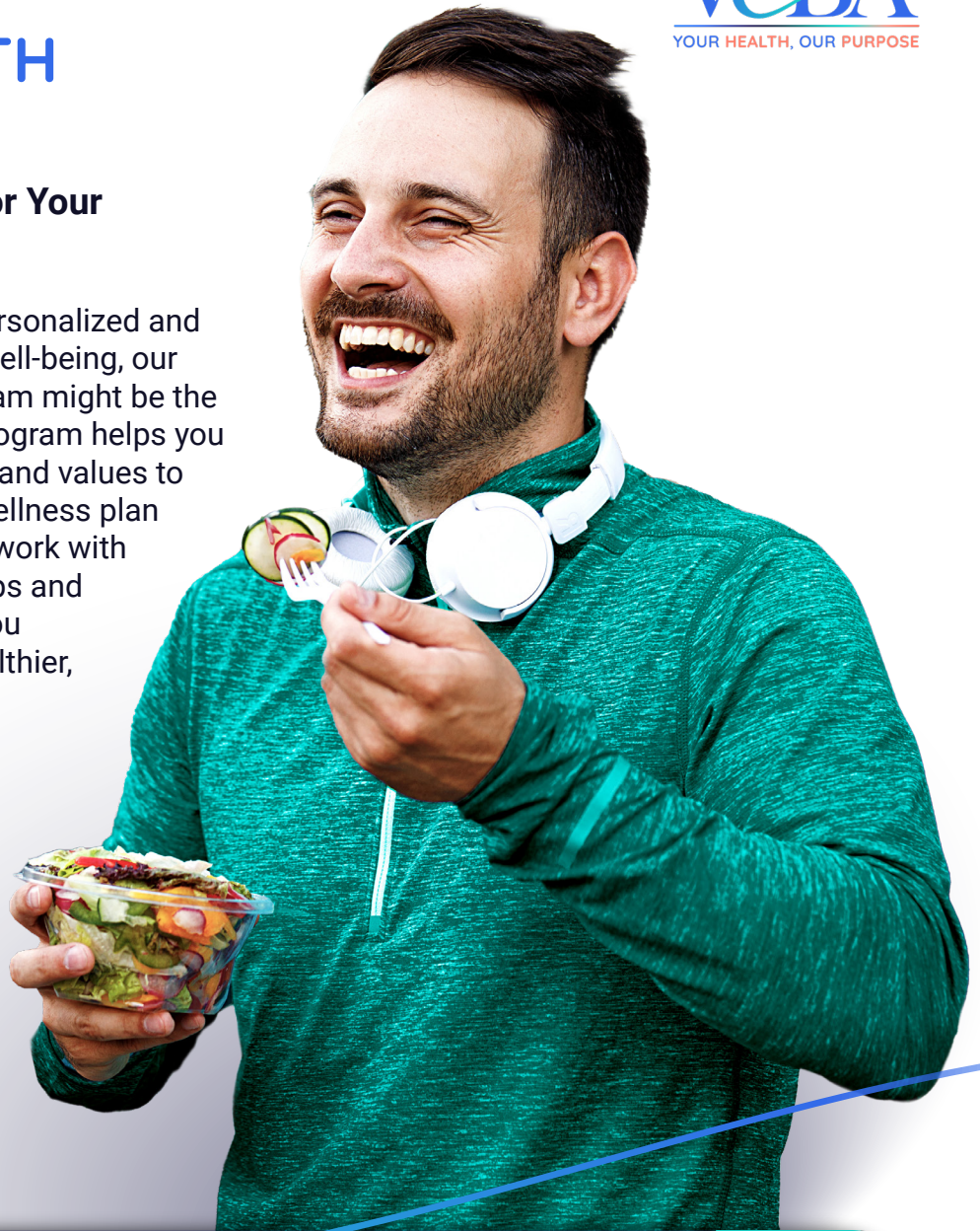


# WHOLE HEALTH COACHING:

## Personalized Guidance for Your Well-being Journey

If you're looking for a more personalized and structured approach to your well-being, our Whole Health Coaching program might be the perfect fit. This six-session program helps you identify your goals, strengths, and values to create a tailored health and wellness plan just for you. Our coaches will work with you to develop actionable steps and provide ongoing support as you navigate your journey to a healthier, more fulfilling life.

[Learn more.](#)



### *Remember:*

Prioritizing your mental well-being is as crucial as maintaining your physical health. Don't hesitate to seek support whenever you need it, regardless of where you are on your journey. If you have questions about your benefits or need help navigating your health care, please contact the California Schools VEBA Advocacy Team. Call 888-276-0250 or complete the [contact form](#) for assistance.