# 10 Affirmations You Can Use For Stress Relief

Looking for self-affirmations to help you relieve some stress? This tutorial will cover some of the best 10 affirmations you can use to help easily relieve stress in your life. Affirmations are simple ways you can guide yourself into a less stressful way of life.

The first thing you can say to yourself is “I don’t judge myself.” The world would be a much better place if no one judged. However, that will probably never happen. With so many people on earth judging you, you don’t need to judge yourself.

You can also say “I believe in myself.” This can encourage you to keep moving forward even if you are going through a phase where you do not feel confident. Believing in yourself is one of the top ways to reduce not only stress but also anxiety.

“I don’t compare myself to others,” is also a great affirmation. Comparing yourself to others can be detrimental to your mental health and make it so much harder to reduce your stress and anxiety. If you are always comparing yourself to others, you will never find yourself good enough.

If you are going through a hard time at work and need some stress relief, try saying “I know I don’t have to be perfect.”

Sometimes your boss or other people at work can put expectations on you that cause large amounts of stress. Knowing that you don’t have to be perfect to still do a good job is crucial for reducing stress during these times.

If you are having a hard time in your personal life or a relationship try saying “Every challenge I overcome is a success.”

No matter where the challenge is coming from in your life, knowing that you can overcome it can allow you to let go of some of the stress you are feeling.

If you are trying to make a big decision in your life, try giving yourself affirmations that remind you that you can leave your comfort zone and still succeed. You can say things like “It’s okay to leave my comfort zone.”

This reminds you that you are capable of much more than you may think.

One of the simplest affirmations you can say is “I am enough.” These are three simple words that can show just how strong you are both in your self-confidence and in your ability to keep going no matter what you might be facing.

“I deserve to feel good about myself.” Need some help boosting your self-confidence or feeling down? This is a great affirmation to keep telling yourself. Repeating this to yourself throughout the day shows that you deserve to be in a good space about yourself.

Even if others are making you feel down, you should not be putting yourself down just because they are. You deserve more and you will have more as you repeat this affirmation to yourself.

Try saying “I have survived this before and I will survive it again.” This is an especially good saying when you are going through a tough situation that you feel might break you because it’s causing so much stress.

The last best affirmation to remind yourself of is “I forgive myself and I am looking forward to the future.” Not all stressful moments will last. Saying this affirmation reminds you that this time will pass. You just need to keep moving forward.

The affirmation that will best suit you depends on why you are stressed. Try saying one or two a day and switching up the ones you say.