

# #HopeForChange



**Send Date:** Monday, May 17th, 2021

**Email Subject:** "Mental Health Matters Month 2021 - Positive Affirmations"

"I AM ... two of the most powerful words, for what you put after them shapes your reality".

Affirmations work to reframe an individual's thoughts about themselves, they are positive statements that can help individuals to challenge and overcome negative thoughts. Just as we incorporate exercise into our lives in order to improve our physical health, affirmations are like exercises for our minds and outlook. As this past year has been particularly challenging, incorporating positive affirmations into one's daily routine and repeating them often can be a useful addition to anyone's self-care toolbox, as they can drive positive change in many aspects of one's life.

This week, focus on improving your mind and outlook through Positive Self Talk, or Affirmations:

- Read the article, '[Using Affirmations: Harnessing Positive Thinking](#)'.
- Create an "[I Am](#)" [Affirmation Board](#) using a poster board or piece of cardboard and some crafting supplies.
- Snap a photo of your affirmation boards or affirmation messages and share it on social media.
- Share '[Affirmation Cards](#)' with a friend, family member, or colleague. You can download printable versions or share them via social media.

Find even more activities and resources in the [May is Mental Health Matters Month Activation Kit Here](#).

Connect with one another throughout the month of May by using the hashtags #HopeForChange  
#MayMentalHealthMonth2021