



Modern Mental Health, Unlocked

Words for When You're Struggling

Affirmations to Ground, Comfort, and Reconnect with Strength

When things feel overwhelming, sometimes we need words that remind us of our truth, our strength, and our saTry reading these out loud or silently to yourself — slowly, with feeling, like a warm hand on your heart.

■ Words for When You're Struggling

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- I am doing the best I can with what I know right now.
 - I am allowed to have hard days. I don't need to be perfect.
 - This moment will pass. I can survive this.
 - It's okay to not feel okay.
 - I am safe in this moment. I am grounded in my breath.
 - I can ride the wave of this feeling without drowning in it.
 - I have survived before. I will get through this again.
 - I am not alone. Help is available to me.
 - I don't have to figure it all out right now.
 - I give myself permission to rest and to heal.
 - My nervous system is learning that it's okay to relax.
 - My story matters. My healing matters. I matter.

■ EMDR Reminder

Use these affirmations during resourcing, Safe Place practice, or in your daily grounding.

Pair with slow tapping (Butterfly Hug) or calm breathing for deeper soothing.