



HEALTHY@HARRIS
Caring for ourselves so we can care for others

HARRISHEALTH
SYSTEM

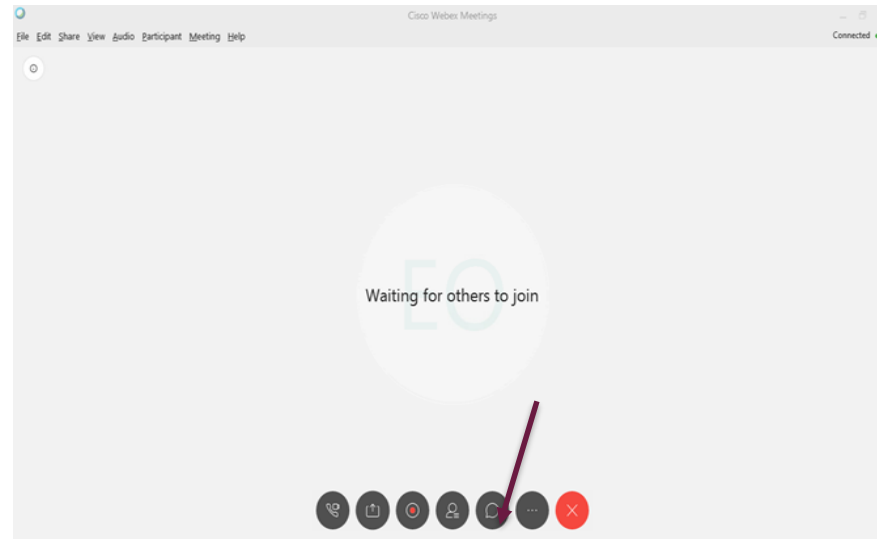
Positive Affirmations to Kick off the New Year

Taught by Harris Health System Employee Wellness Team

Engage and Interact

Questions – Type questions, thoughts, examples, in the chat box, the more interaction the better.

Premium Points - You can only receive credit for one Wellness Workshop per day. Confirm your employee ID is entered correctly when registering for Employee Wellness activities. Please allow up to 4 weeks for 50 Premium Points to be reflected in MyCigna.



“There is nothing
either good or bad,
but thinking
makes it so.”

– William Shakespeare, Hamlet –

TheMindsJournal



The Age Of
ENLIGHTENMENT

Learning Objectives

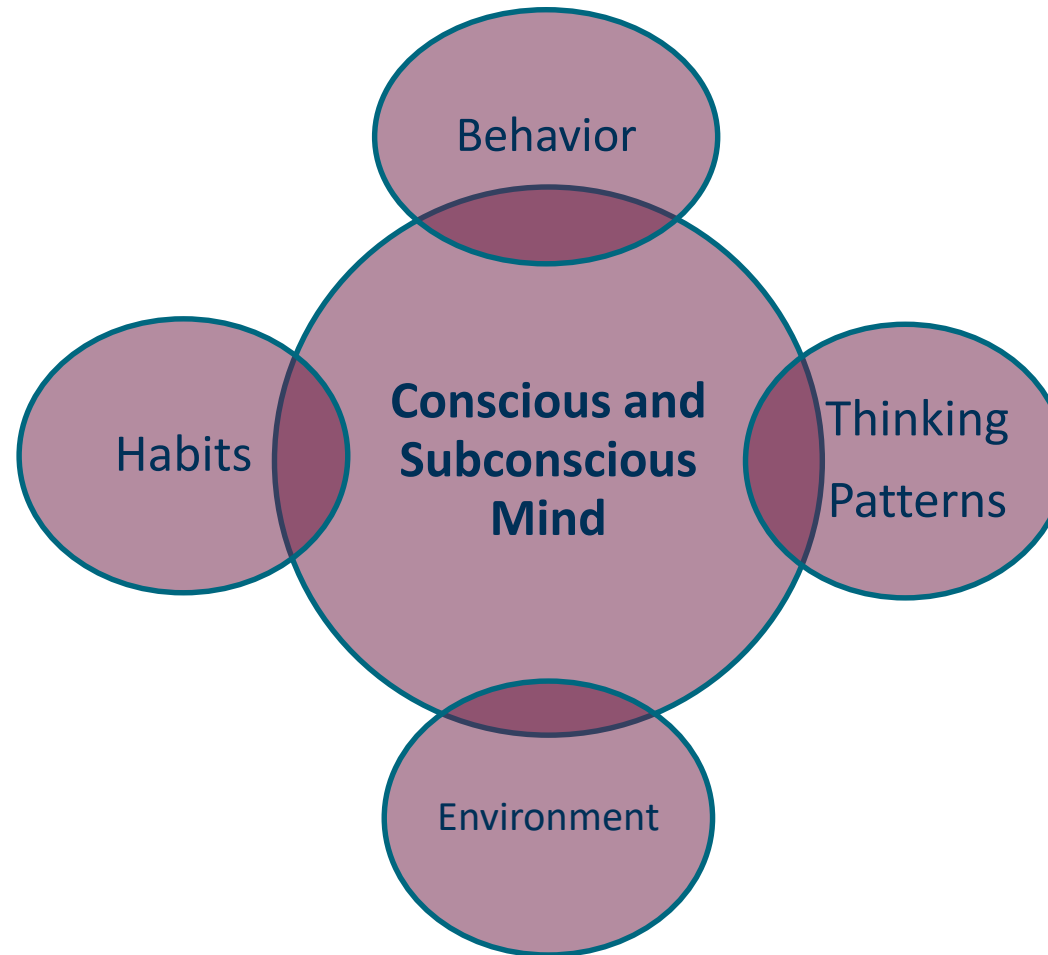
- What are affirmations?
- Affirmation vs Mantra
- The science and research behind affirmations
- The benefits of affirmations
- Creating an affirming statement
- Examples of affirmations
- Action Item!

What are affirmations?

- Positive Phrases or Statements
- Challenge Negative or Unhelpful Thoughts
- Encourages Positive Changes
- Motivating
- Boosts Self Esteem



What are affirmations?



Affirmation VS. Mantra

AFFIRMATION	MANTRA
Brief phrases	Sacred Words
Repeated frequently	Sacred Sounds
Encourage positive, happy feelings thoughts attitudes	Verses
Hold no spiritual or religious meaning	Carry a more spiritual meaning
Used for many purposes	Used mostly in meditation

The Science



The Science

Self-Affirmation Theory

- *We keep up a global narrative about ourselves*
- *Maintaining self-identity is not about being exceptional or perfect or excellent*
- *We maintain self-integrity by acting in ways that are authentic and deserve acknowledgment or praise*



Benefits of Affirmations

- Self-affirmations have been shown to decrease health-deteriorating stress
- Self-affirmations have been used effectively in interventions that led people to increase their physical activity
- They may help us to perceive otherwise “threatening” messages with less resistance
- They can make us less likely to dismiss harmful health messages

Creating an Affirming Statement

- Use the present tense
- State it in the positive. Affirm what you want, not what you don't want
- Keep it brief
- Make it specific
- Include an action word or words
- Include at least one dynamic emotion or feeling word
- Make affirmations for yourself, not others

Positive Affirmation Examples

I am strong, resilient and brave and I can't be destroyed

I am in charge of my thoughts, and I don't judge myself

I accept and love myself, thoroughly and completely

I am fine with who I am, I love who I am becoming

My body is amazing just the way it is, and I accept myself this way

Through courage and hard work, I can achieve anything that I set my mind to

I am liberating myself from fear, judgement and doubt

I choose to surround myself with supportive and good people

Action Item:

- 1) Write down 3 affirming statements for yourself*
- 1) Write down what time of day you will commit to practicing*
- 2) Hold your self accountable!*

THE WAY
YOU SPEAK
TO YOURSELF
MATTERS.

Resources

Stress Management, Depression and Counseling Services

- Employee Assistance Program
 - Online: www.feieap.com,
 - Username: hhs
- Well Powered Living 1.0, 2.0, 3.0 and 4.0 coming soon!
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.
- Cigna Behavioral Health
 - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at **800.274.7603**.
 - Go to **Cignabehavioral.com** for extra resources.
- Coaching
 - Telephonic health coaching: 855-246-1873
 - Onsite health coaching: Contact Latecia Murphy
 - Office: 713-873-6407
 - Email: Latecia.Murphy@harrishealth.org

I Love Myself

I love myself the way I am, there's nothing I need to change.
I'll always be the perfect me, there's nothing to rearrange.
I'm beautiful and capable of being the best me I can.
And I love myself, just the way I am.

I love you the way you are, there's nothing you need to do.
When I feel the love inside, it's easy to love you.
Behind your fears, your range and tears, I see your shining star.
And I love you , just the way you are.

I love the world the way it is, because I can clearly see.
That all the things I judge are done, by people just like me.
So 'till the birth of peace on earth, that only love can bring.
I'll help it grow, by loving everything.

I love myself the way I am, and I still want to grow.
But change outside can only come, when deep inside I know.
I'm beautiful and capable, of being the best me I can.
And I love myself, just the way I am.

Contact Us!

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