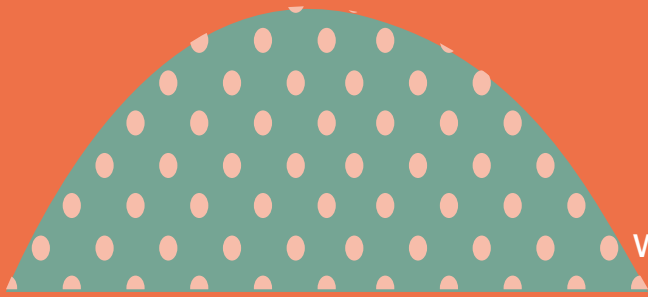




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affirmations for depression





Dealing with depression can be challenging, and it's important to seek professional help and support from loved ones. In addition to therapy and medication, positive affirmations can complement your healing journey by fostering a more positive mindset. While affirmations alone may not cure depression, they can serve as a helpful daily practice to promote self-compassion and boost your overall mood. Here are affirmations to consider incorporating into your daily routine:

- I am releasing the weight of my past and the present.
- I am letting go of what I cannot and focusing on I can.
- I am choosing to believe in my ability to overcome challenges.
- I am reaching out to supportive friends and family.
- I am allowing myself to experience a of emotions judgment.
- I am learning to replace self-criticism with self-compassion.
- I am acknowledging my progress, no matter how gradual.
- I am building a life filled with meaning and purpose.
- I am opening up to the possibility of healing and growth.
- I am resilient and can handle whatever comes my way.
- I am working towards a brighter future.
- I am patient with myself as I heal and grow.
- I am allowed to rest and prioritize self-care.
- I am learning to manage my thoughts and emotions.
- I am worthy of love and support just as I am.
- I am taking steps towards healing and recovery.
- I am resilient, and I can learn from my struggles.
- I am not defined by my past or my depression.



I am not alone in this; many people care about my well-being.
I am stronger than my depression, and I will overcome it.
I am allowed to have bad days and still be a good person.
I am worthy of love and support just as I am.
I am taking steps towards healing and recovery.
I am resilient, and I can learn from my struggles.
I am not defined by my past or my depression.
I am capable of finding moments of joy in each day.
I am kind and gentle with myself, even when I'm struggling.
I am allowed to rest and prioritize self-care.
I am learning to manage my thoughts and emotions.
I am making progress, no matter how small it may seem.
I am in control of my reactions to my thoughts and feelings.
I am open to seeking help and support when I need it.
I am not my thoughts; I can challenge and change them.
I am a unique and valuable person with much to offer.
I am capable of finding hope and meaning in my life.
I am letting go of self-criticism and embracing self-compassion.
I am working towards a brighter future.
I am patient with myself as I heal and grow.
I am surrounded by opportunities for healing and happiness.
I am taking care of my mental health as I would my physical health.
I am deserving of love and understanding from myself and others.
I am moving forward, even when it feels like I'm standing still.
I am finding beauty in small moments of everyday life.

I am worthy of love and support just as I am.
I am taking steps towards healing and recovery.
I am resilient, and I can learn from my struggles.
I am not defined by my past or my depression.

While affirmations can be a valuable part of managing depression, they are most effective when used in conjunction with professional help, such as therapy and medication. These affirmations are meant to provide support and encouragement as you navigate your journey towards better mental health. Be patient with yourself, seek assistance when needed, and remember that healing and recovery are possible.

