

13 Reasons for Positive Affirmation





Today is going to be a great day!

- Starting your day with a positive outlook and mentality will help you maintain it. When adversity strikes—and it will—you'll be better prepared to shrug it off and keep looking at the glass as half full.

I am thankful for life!
Gratitude makes life better. Tell yourself daily
that you're grateful for your life.



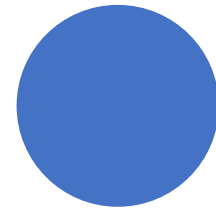


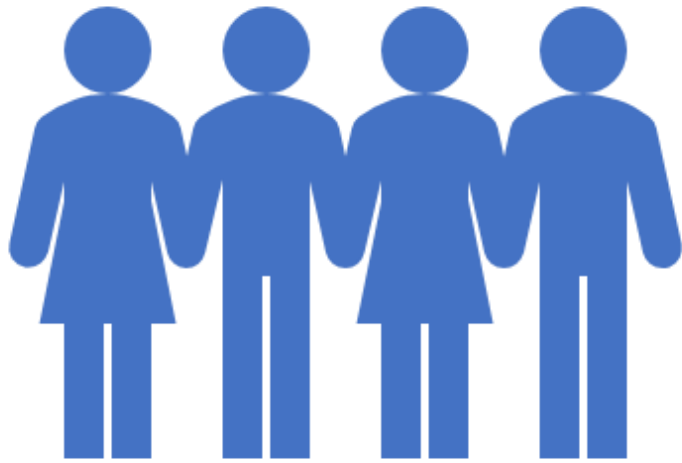
I can make a difference!

- Big things happen by people just like you taking small steps to make a difference. Even if it's just smiling or complimenting more people each day, you can make a positive difference in the world.

My past does not define me.

- Made mistakes in your life? So has everybody else. Move forward. Don't dwell in the past.






People do change.

- Remember the last point? Each of us is a living testament that people can change. Hope for the best in others and treat them how you'd like to be treated.



Things aren't always as they appear.

- Your social media accounts may trick you into thinking that everyone you know just bought a new car, had a great vacation, or bought a new house. That's simply not true. Remember that things aren't always as they appear, and comparing yourself to others is not a rewarding way to live.
- 



I AM STRONG



THIS HAS NOTHING TO DO WITH HOW MANY PUSH-UPS OR PULL-UPS YOU CAN DO. IT HAS EVERYTHING TO DO WITH HOW STRONG YOU ARE AS A PERSON. HOW DO YOU REACT TO ADVERSITY? DO YOU CHALLENGE YOURSELF? CHANCES ARE, YOU ARE STRONGER THAN YOU THINK AND HAVE OVERCOME SOME INCREDIBLY DIFFICULT THINGS. TRY TELLING YOURSELF, "I CAN DO HARD THINGS," OR "I CAN DO THIS."



*I am doing my
best.*

Perfection just
isn't an option,
but doing your
best is. So do that.



I am capable of reaching my goals

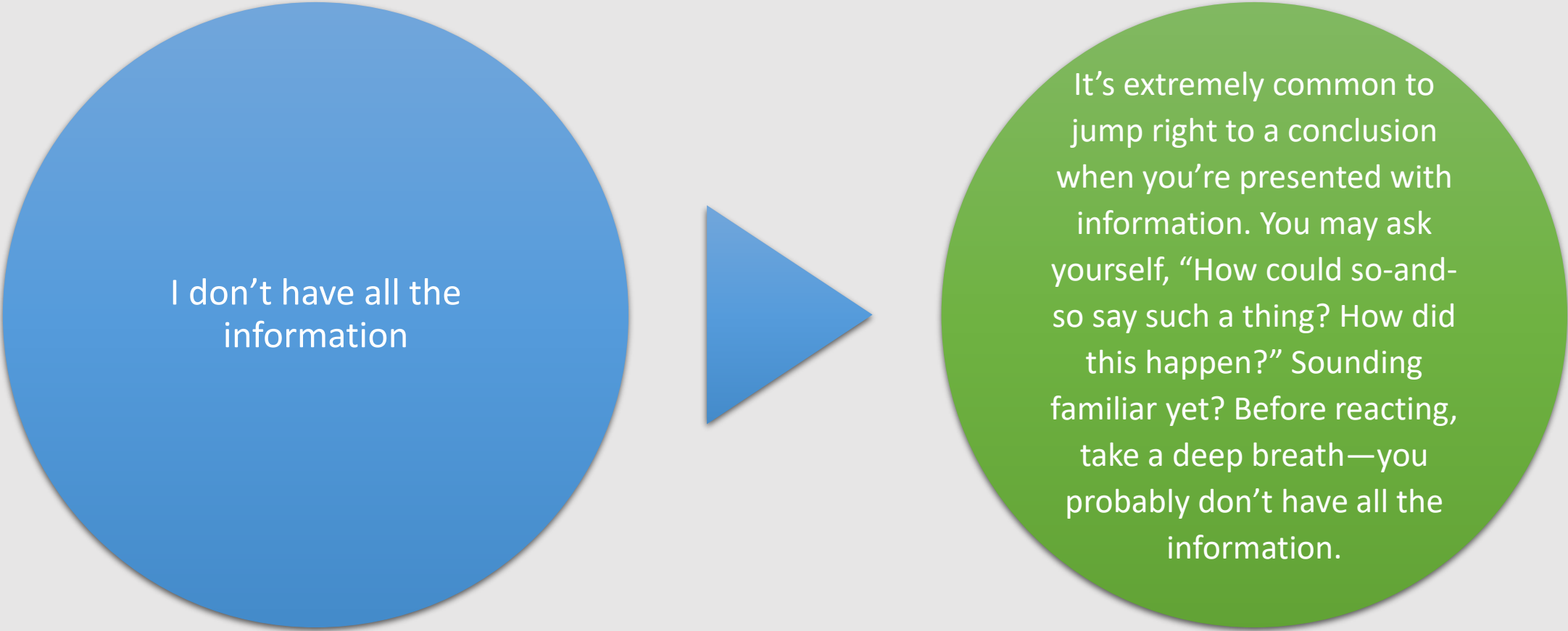


Setting goals is a key to success.
Regardless of what success looks like
to you, making goals and reminding
yourself that you can achieve them is
essential.



Others don't define who I am!

- You define who you are by your actions and thoughts. Outside influences, no matter how close to you they are, **don't** define you!



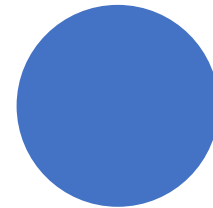
I don't have all the
information



It's extremely common to jump right to a conclusion when you're presented with information. You may ask yourself, "How could so-and-so say such a thing? How did this happen?" Sounding familiar yet? Before reacting, take a deep breath—you probably don't have all the information.

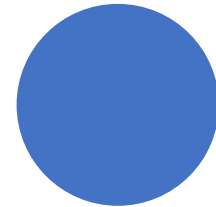
I am loved.

- Sometimes it's hard to convince yourself of this, but it's absolutely true. Someone loves you dearly.



Life goes on.

- Some things are in your control, while others aren't. Don't fret the small things or the uncontrollable. Be resilient and remind yourself frequently that life goes on.



You hold the power of positive thinking.



- <https://www.youtube.com/watch?v=kO1kgI0p-Hw>
- (Video is 3:11 minutes)
- <https://www.youtube.com/watch?v=mbPqmZYLxWw>
- (Video is 4:44 minutes)



Fill your mind with positive thinking.
Keep negative thoughts and ideas out of your mind no matter
where they come from.

Hotlines



EMERGENCY SERVICES: 911



24-HOUR EL PASO CRISIS
HOTLINE: 915-593-7300 OR 1-
800-727-0511



NATIONAL DOMESTIC VIOLENCE
HOTLINE: 1-800-799-SAFE(7233)
OR 1-800-787-3224 (TTY):

Resources

Counseling Programs

[Center Against Family Violence Resource Center](#)

915-595-2238

Catholic Counseling Services

915-872-8424

[Child Advocacy Center of El Paso](#)

915-545-5400

Jewish Family & Children Services

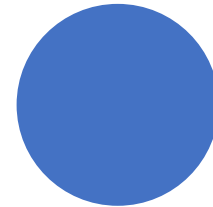
915-581-3256

- [National Suicide Prevention Lifeline](#)
- Call 1-800-273-8255
- **EL PASO**

Serving El Paso County

Crisis Help Line
El Paso Community Mental Health Center

- 24 hours / 7 days
 - **(915) 779-1800**
1-877-562-6467
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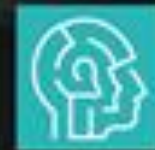


Feeling Alone? **DON'T GIVE UP!**

Talking about suicidal thoughts and feelings
with the **right person** can help. You are **not alone**.

915-779-1800

PEOPLE YOU CAN TRUST ARE READY TO HELP.



MHU - Mental Health & You





¿Te Sientes Solo?

¡NO TE RINDAS!

Hablar sobre pensamientos suicidas con la
persona adecuada puede ayudar. No estás solo.

915-779-1800

PERSONAS EN LAS QUE PUEDES CONFIAR
ESTAN LISTAS PARA AYUDARTE.



MHU - Mental Health & You



Quiz in Schoology

- Go to Courses
- My Courses (far right side)
- Join Courses
- SCQRT-2BWND
- Titled “13 reasons for positive affirmation”
- Take the quiz as soon as you have access