



## **RISE Self-Care Tips:**

Trauma-Informed Affirmations to Support Resiliency Amidst COVID-19

I am not alone in this experience.

I am doing the very best I can amidst the uncertainty.

I practice compassion with myself as I do my best to make space for rest.

I compassionately honor all those that are on the front lines to keep the world safe, healthy, & resourced.

I honor my innate resilience. It is getting me through.

I trust the strength of my body to hold me today.

I explore turning the volume of my heart up, & the volume of my thoughts down.

I empathetically listen to the needs of my body.

I do my part to contribute to the greater health & resiliency of the world around me.

I deserve to find ease & refuge amidst it all.

I can find an anchor amidst the storm.

I am navigating the ebbs & flows & finding resource through my breath.

I release the need to be productive. I am enough, just as I am.

I find small ways to create safety & control.