

Affirmations to deal with work stress

You've got this

1. Delegation isn't failure. It's okay to ask for help.
2. My worth is not defined by my to-do list.
3. This job is what I do and I do it well. But it does not define who I am.
4. I can do anything, but I can't do everything.
5. My well-being is my top priority.
6. Taking an hour to unplug and recharge my batteries will help me go 12 more.
7. Rest is work, too. It's a job that needs to be done.
8. It's okay to work hard, but it's not okay to work so hard that my work is no longer effective.
9. It's okay to pause and take a break... but don't give up.
10. This is not the end of the world. Start again tomorrow.
11. There will always be more work. I can't finish everything right now.
12. I'm not feeling it today, and that's OK. Tomorrow is a new day.
13. Today is today, not every day.
14. I'm not alone. I have options.
15. I can't make other people share my expectations.
16. My manager isn't a mind-reader, but they are there to support me.
17. I work to live, not live to work.
18. It's only work.