

Affirmations for Postpartum Depression & Anxiety

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I love my baby

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My body is
healing well

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I am my
child's first
home

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I am
supported

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When
thoughts come
to me, I am
able to let
them pass

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This pain is not
a sign of
failure

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I can practice
patience and
compassion
with my baby
and myself

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I am loved

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I am learning
to give myself
grace

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Don't be so
hard on
yourself

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I am
able to fight
this anxiety

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I am
able to fight
this depression

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I am
nurturing and
nourishing my
body

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I am
one powerful
woman

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My baby
needs me

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I am
able to enjoy
the little
moments with
my baby

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I am
stronger than
these thoughts

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I am
a survivor

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It is okay to
have good
days and bad
days

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I will feel like
myself again
or better than
before

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It is okay to not
lose the weight
right away

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It is okay to
rest, rest

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I am gentle
with myself

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I am learning
myself and
my baby

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I am
nourishing
my baby

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I am doing an
amazing job

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I can
accept help

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My feelings
are valid

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Though this is
hard, I am not
alone

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I take advice
with a grain
of salt

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I do what's
best for me
and my baby

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It's okay
to not be okay

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This too,
shall pass

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I take all of the
time I need to
heal

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