



*Sylvia Antares*

STRESS RELIEF  
AFFIRMATIONS

NO  
STRESS





*“I let go of what I cannot control.”*

NO  
STRESS



*“Peace begins with me.”*



NO  
STRESS



*“I release tension and invite calm into my  
life.”*



NO  
STRESS





*“My mind is at ease, and my heart is  
light.”*



NO  
STRESS



*“I inhale peace and exhale stress.”*



NO  
STRESS





*“I trust that everything is unfolding as it  
should.”*



NO  
STRESS



*“I choose to focus on the present  
moment.”*



NO  
STRESS

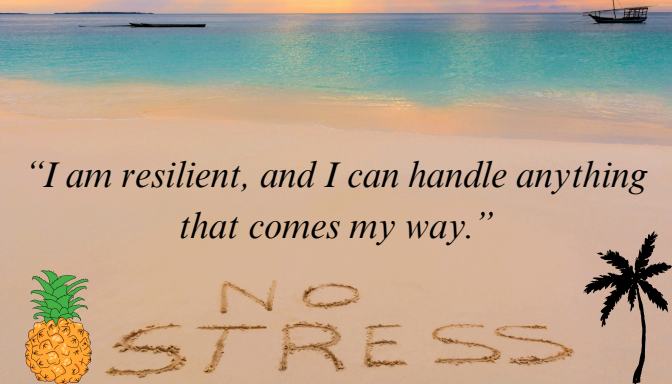


*“I am safe, grounded, and calm.”*



NO  
STRESS





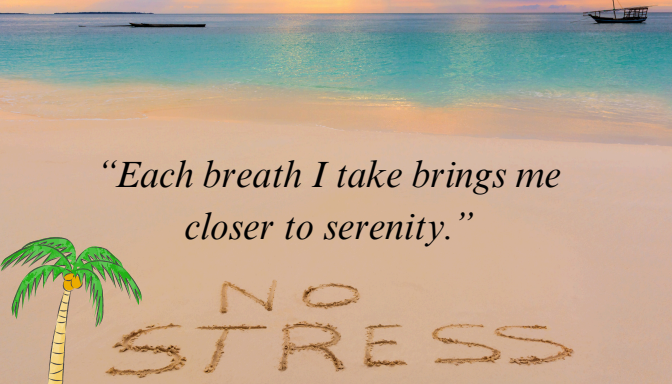
*“I am resilient, and I can handle anything  
that comes my way.”*



NO  
STRESS







*“Each breath I take brings me  
closer to serenity.”*



NO  
STRESS