

Calming Positive Self-Talk

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<https://youtu.be/TBhT9I638cs>



I am calm.

I can slow down.

I take deep breaths.

My body can relax.

I feel safe.

I am in control.

I can handle this.

I can take a break.

I am okay.

I can try again.

I am steady and focused.

I am letting my thoughts slow down.

I am giving myself time.

I am learning and growing.

I am ready to learn again.

I am calm and in control.

