

41 Affirmations for Asking for Workplace Health Adjustments

A moment to pause, reflect, and choose a useful next step.

1. My need for care does not depend on looking cheerful.
2. I can describe the work task affected by a barrier.
3. I can identify the appropriate person or process for the request.
4. I can ask which information is necessary.
5. I can keep private details outside the discussion when they are not relevant.
6. My condition does not need to be visible for my experience to matter.
7. I can be honest about a difficult day without performing hopelessness or bravery.
8. I am not required to make illness meaningful for other people.
9. I can describe the work barrier clearly.
10. I can ask about the appropriate adjustment process.
11. I can keep relevant communication organised.
12. I can share only necessary personal information.
13. I can discuss a practical option with the right person.
14. I can suggest a practical adjustment without promising it solves everything.
15. I can ask for the agreed arrangement to be clear.
16. I can discuss how the arrangement will be reviewed.
17. I can recognise the difference between access and special praise.
18. I can discuss a changing concern with an appropriate healthcare professional.
19. I can include the practical demands of care when describing my workload.
20. I can ask which everyday adjustment might be appropriate for my circumstances.
21. I can say when advice is unwanted, even if it was meant kindly.
22. I can name a personal preference even when someone else is helping.
23. I can raise a problem if the arrangement is not being followed.
24. I can keep records of relevant communication.

25. I can ask a qualified adviser about an unfamiliar process.
26. I can remain professional while naming a real limit.
27. I can accept practical help while keeping a say in how it is offered.
28. I can choose which health details belong in a casual conversation.
29. I do not need to promise an outcome in order to care for myself today.
30. A change in my needs is information worth taking seriously.
31. My interests, preferences, and relationships exist beyond health concerns.
32. A difficult day does not make me responsible for things outside my control.
33. I can let my circumstances shape a realistic expectation for today.
34. I can recognise care that happens quietly and without an audience.
35. I can contribute without hiding every difficulty.
36. I can ask how a change in duties affects the arrangement.
37. I can distinguish my work skills from an inaccessible setup.
38. I can expect a respectful conversation about practical needs.
39. My value does not depend on returning to an earlier version of my life.
40. I can have interests that are unrelated to a diagnosis.
41. I do not need a guaranteed outcome to deserve support today.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: <https://affluma.com/asking-workplace-health-adjustments-affirmations/>