

41 Affirmations for Living with Long COVID

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 communicate what I can manage today.
3. I can recognise that a changed plan does not mean I stopped caring.
4. I can ask for an accessible way to take part.
5. I can discuss a concern with a qualified professional.
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 my current limits honestly.
10. I can seek appropriate professional support.
11. I can ask for practical adjustments.
12. I can keep plans flexible.
13. I can separate needing help from personal failure.
14. I can explain a practical barrier without debating every aspect of my experience.
15. I can choose who receives personal health details.
16. I can ask for help with an administrative task.
17. I can describe the difference between wanting to attend and being able to attend.
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 keep relevant information for a support request.
24. I can acknowledge frustration without having to solve it immediately.

25. I can maintain a connection in a way that fits my circumstances.
26. I can question an expectation based only on how I look.
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 ask what workplace or educational support process applies.
36. I can keep my preferences when help is offered.
37. I can value a manageable part of an ordinary day.
38. I can deserve support without promising when my capacity will change.
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/living-long-covid-affirmations/>