41 Affirmations for Living with Migraine

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 tell a relevant person when a plan needs to change.
3. I can ask how to communicate a work-related adjustment through the appropriate process.
4. I can ask for a practical adjustment without turning it into an apology.
5. I can keep useful contact information available.
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 needs plainly.
10. I can discuss concerns with my healthcare professional.
11. I can ask about practical adjustments.
12. I can communicate a changed plan when possible.
13. I can separate a disrupted day from my worth.
14. I can choose how much health detail to share.
15. I can set a boundary around minimising comments.
16. I can recognise that cancelling a plan can be a responsible response to circumstances.
17. I can communicate a need for a different environment when appropriate.
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 ask for help with an immediate task.
24. I can let disappointment about disruption be real.

25. I can avoid using an interrupted day as evidence that I am unreliable.
26. I can keep a record of questions I want to discuss in care.
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 appreciate a friend who listens without offering certainty.
36. I can make space for life beyond anticipating the next disruption.
37. I can seek appropriate guidance about ongoing concerns.
38. I can deserve respect even when others cannot see what I am experiencing.
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-migraine-personal-affirmations/