

21 Affirmations for Respecting Your Body on a Bloating Day

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

1. I can wear a looser waistband.
2. I do not need to criticize a body change.
3. I notice discomfort without making it an identity.
4. I deserve food and water as appropriate.
5. I can rest in a comfortable position.
6. I do not owe anyone a flat stomach.
7. I let today's clothes accommodate me.
8. I can seek advice for concerning symptoms.
9. I respect signals without constant checking.
10. I do not need comparison photographs.
11. I can focus on comfort.
12. I avoid making harsh rules in frustration.
13. I am allowed an ordinary changing body.
14. I can adjust plans if needed.
15. I deserve care without appearance approval.
16. I do not need to hide every fluctuation.
17. I let nourishment remain practical.
18. I can reduce unhelpful mirror time.
19. I speak about my body with respect.
20. I have worth independent of shape.
21. I can make this day gentler.

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/affirmations-respecting-body-bloating-day/>