

Clinical Stress

Affirmation cards



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*It's okay to feel nervous;
confidence is built with
experience*



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*It's okay to feel pressure;
I know this is normal and
I can keep going*



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*I am here to learn;
mistakes are part of
that process*



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*I trust in my training,
but allow myself time
to continue learning*



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*I am not expected to
know everything; I am
expected to stay **curious**
and **committed***



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*I am prepared and capable
of handling **anything** that
comes my way*



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*Each patient encounter
is a chance to **improve**,
not **prove***



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*I am confident in my
own abilities*



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*I've handled difficult
challenges before;
I can handle this too*



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*Being nervous means I
care, it doesn't mean
I'm not capable*



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