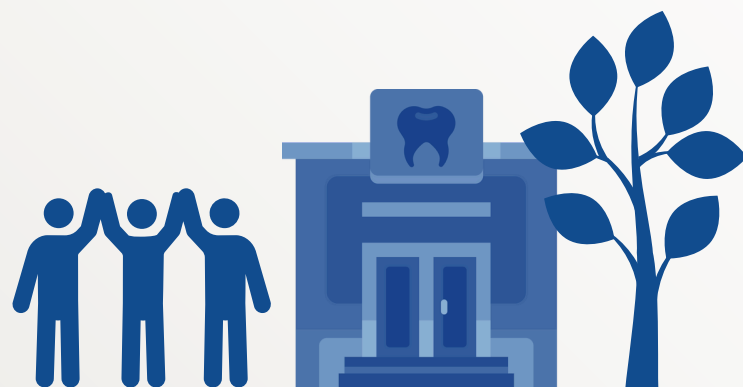


Clinical Stress

Affirmation cards



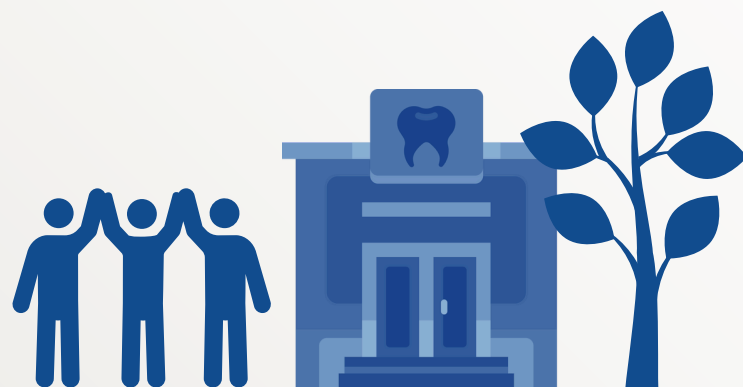
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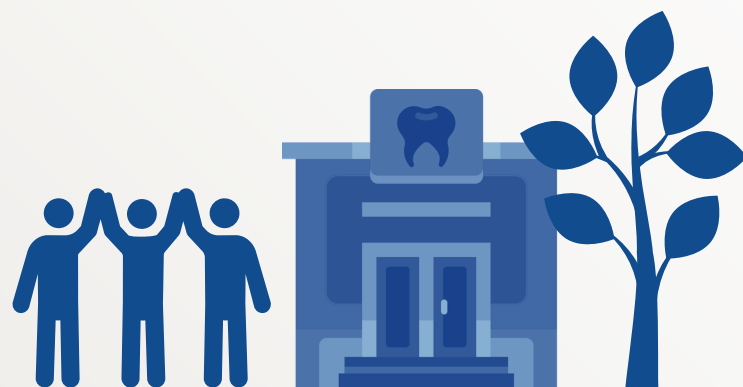
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*It's okay to feel nervous;
confidence is built with
experience*



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





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



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The background of the entire image is a photograph of two young people, a woman and a man, sitting at a table in a library. They are surrounded by bookshelves filled with books. The woman is on the left, looking down at a book, and the man is on the right, also looking down. The image is overlaid with a semi-transparent blue layer where the text is located. There are decorative red and blue curved shapes in the corners.

*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***



*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***



*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*

