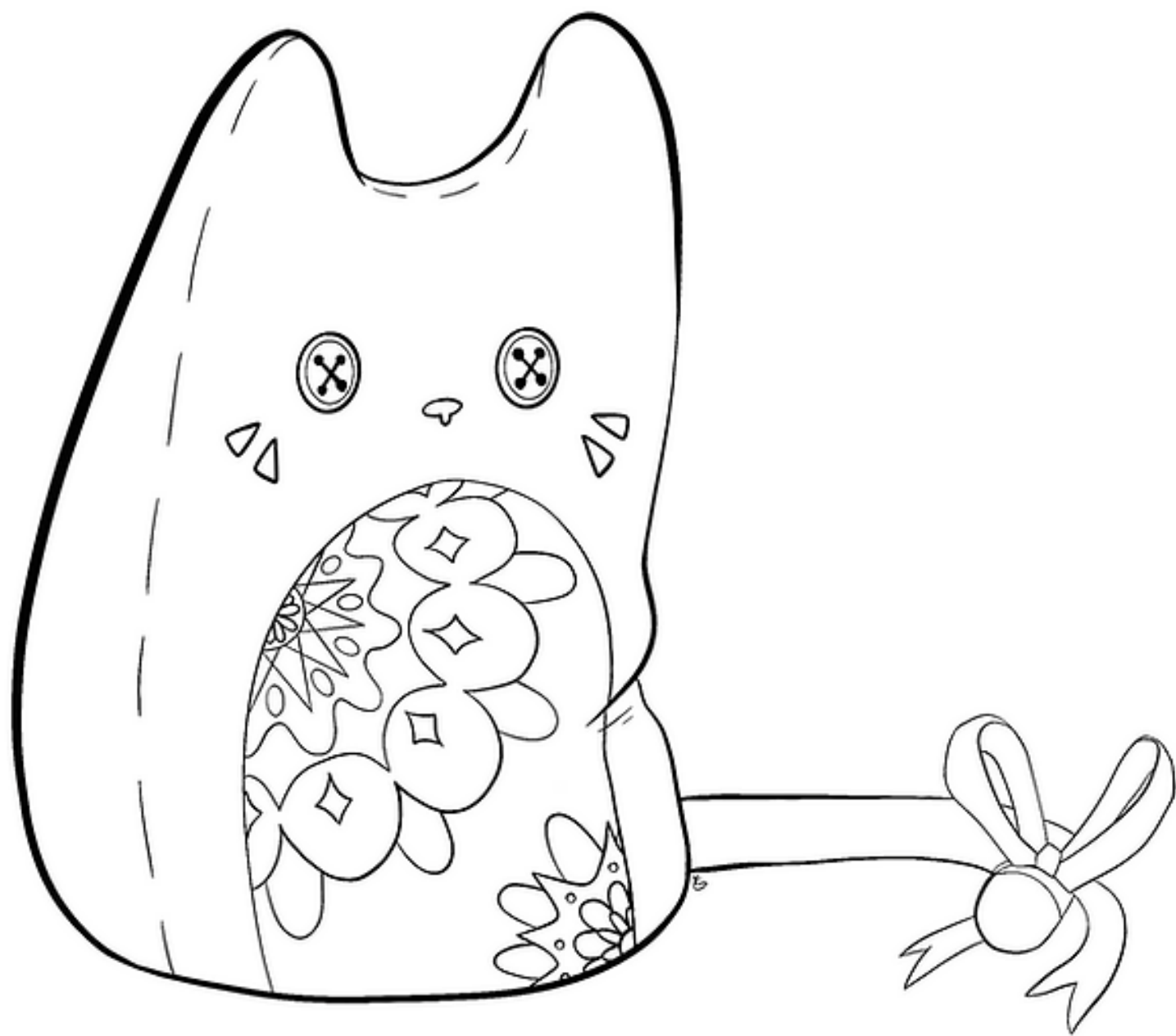


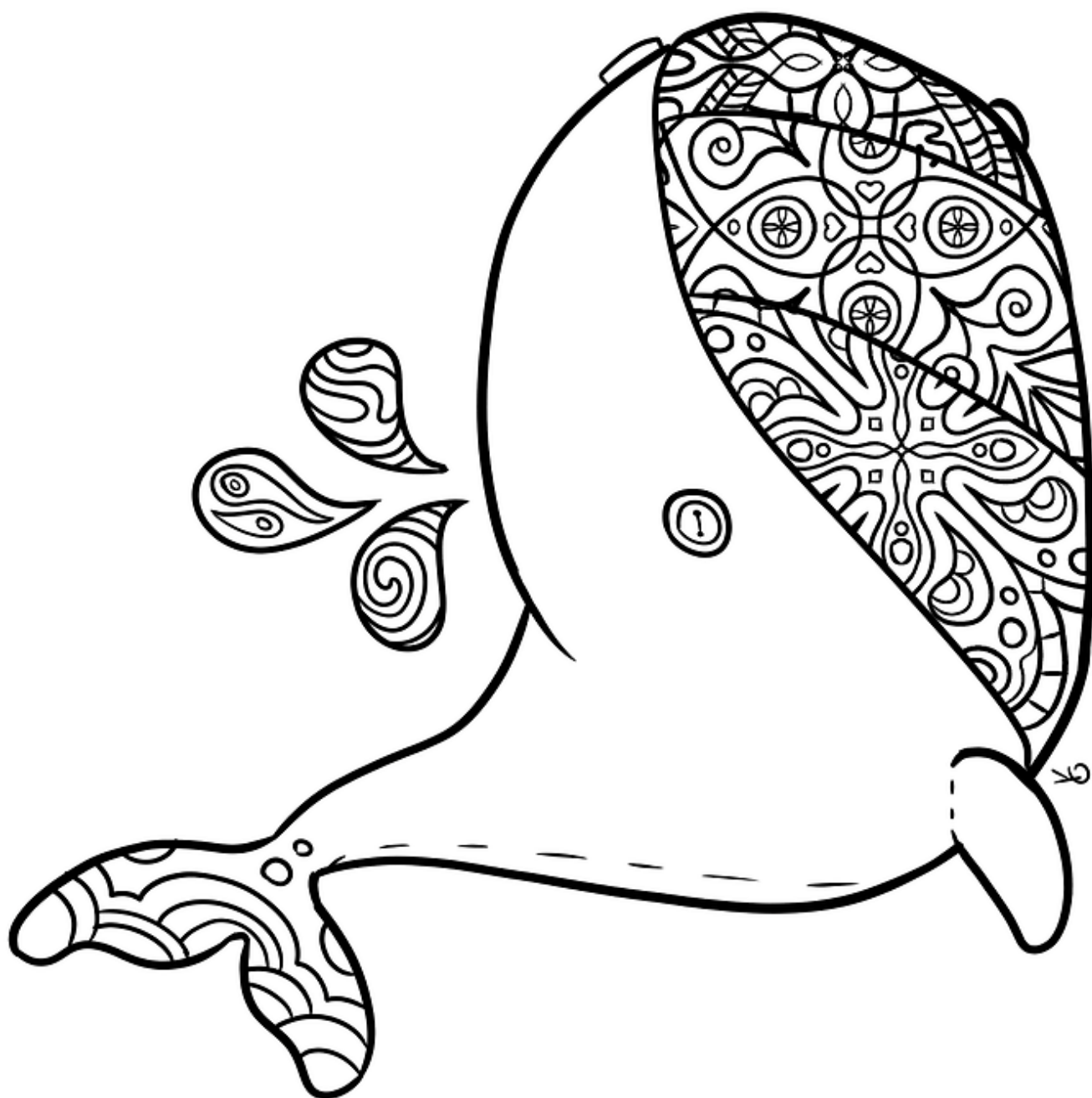
"Stay centered by accepting whatever happens to you. This is the ultimate"

- Chuang Tzu



"Your mind is like this water, my friend; when it is agitated, it becomes difficult to see. But if you allow it to settle, the answer becomes clear."

- Master Oogway (Kung Fu Panda)



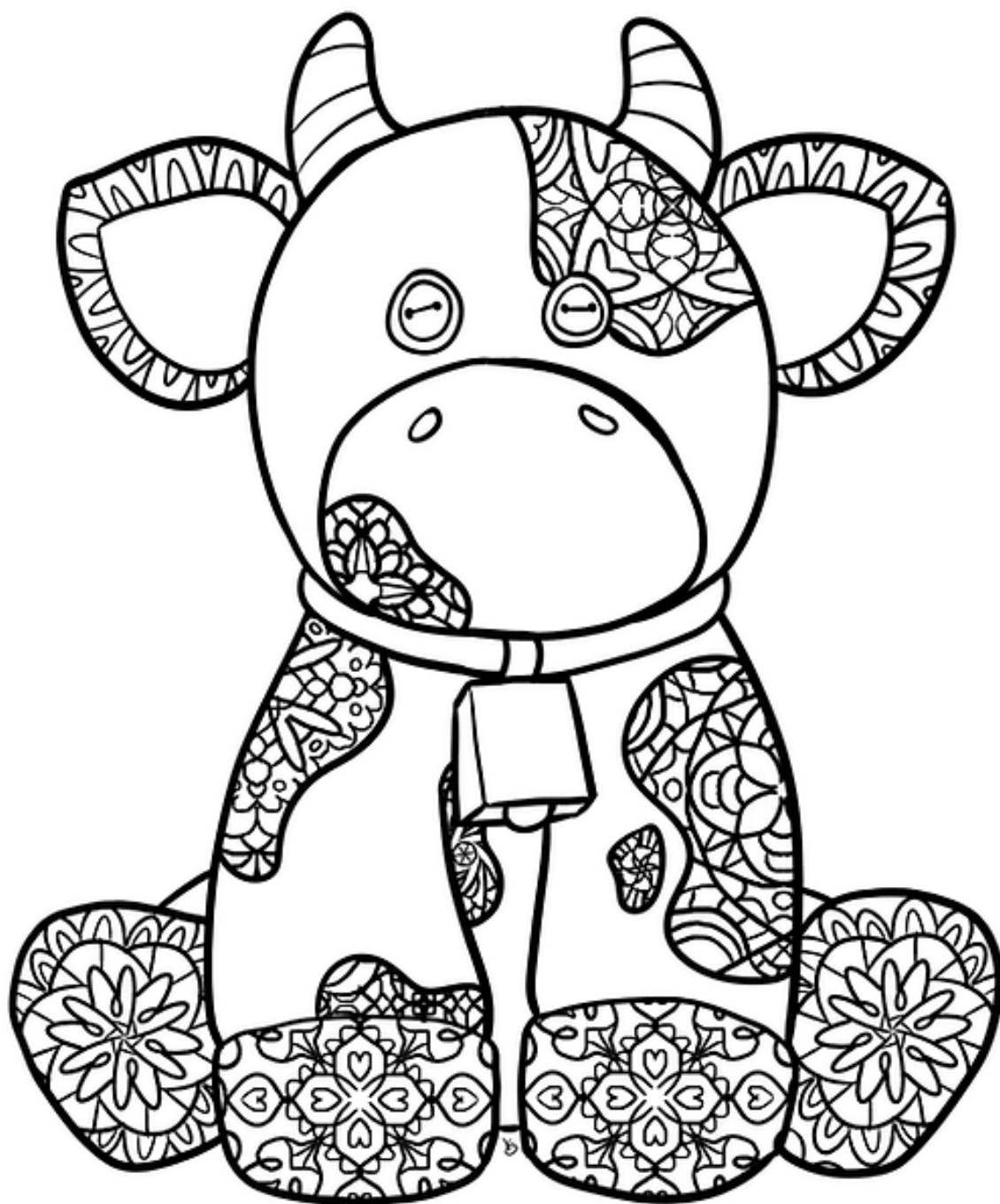
"Slow down. Calm down. Don't worry. Don't hurry. Trust the process."

- Alexandra Stoddard



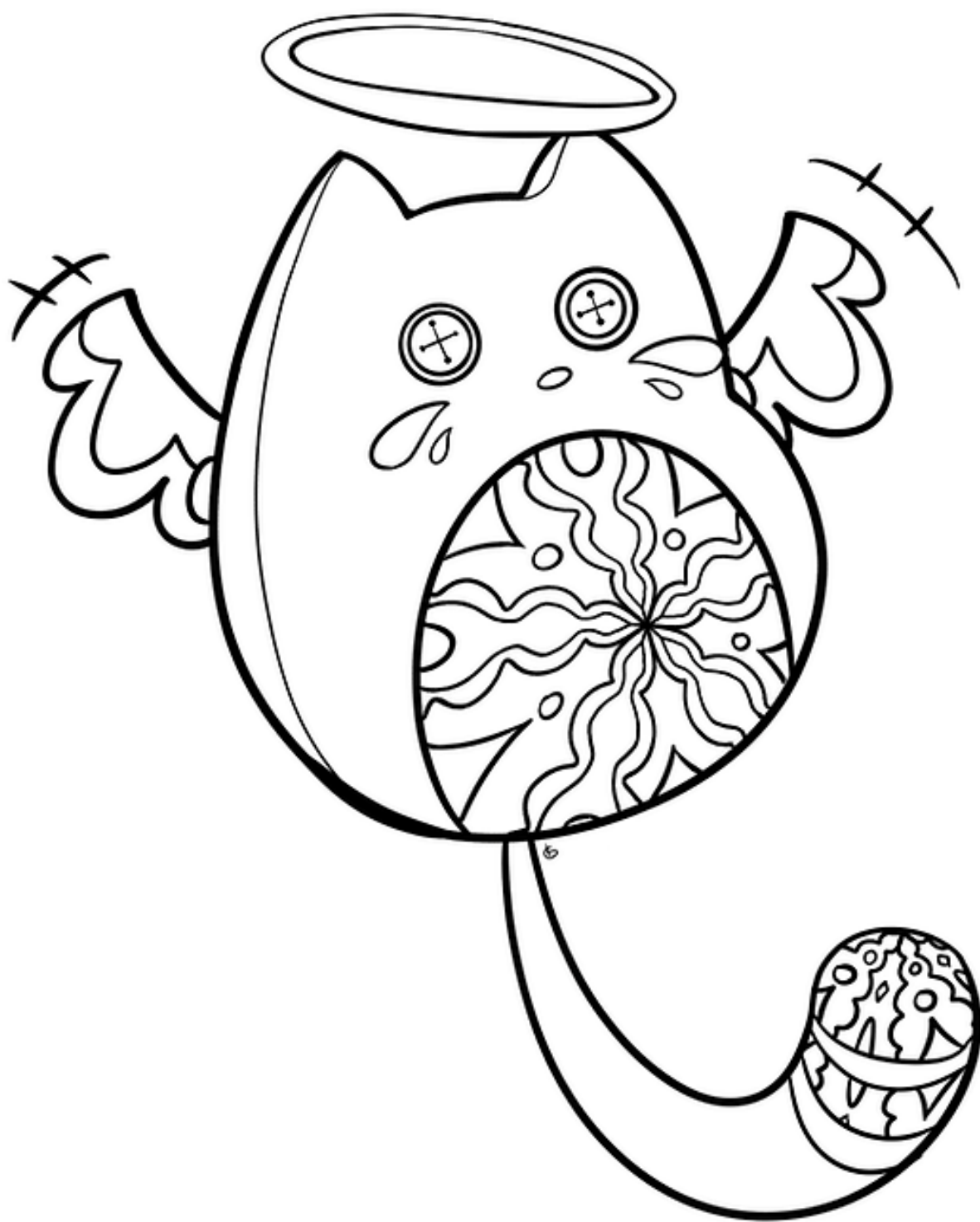
"Take a deep breath. Get present in the moment, and ask yourself what is important this very second."

- Greg Mckeown



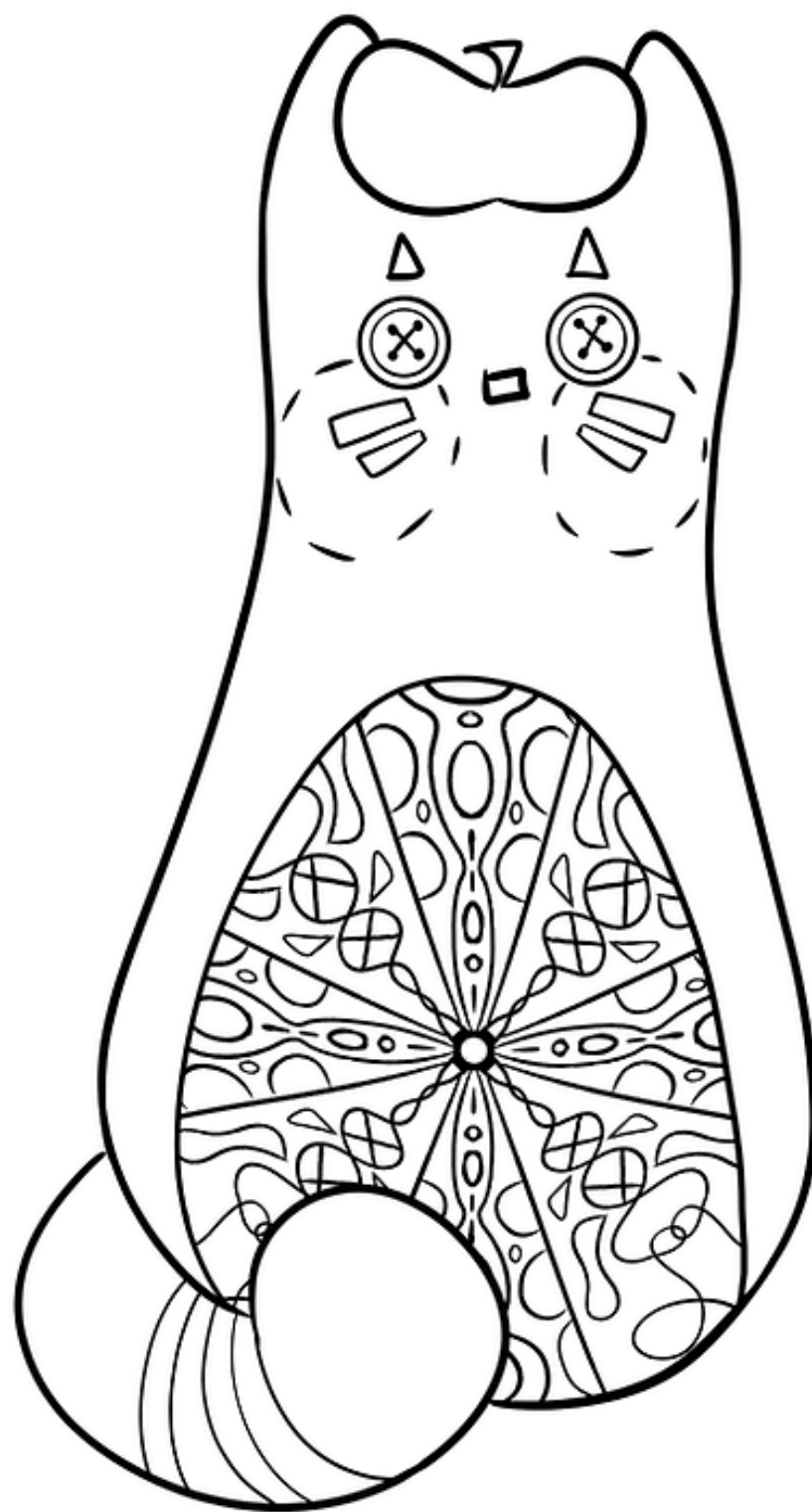
"Look deep into what is stressing you out and think of it as small parts or tasks rather than one big thing, that makes it seem much more manageable."

- Gianna Karkafi



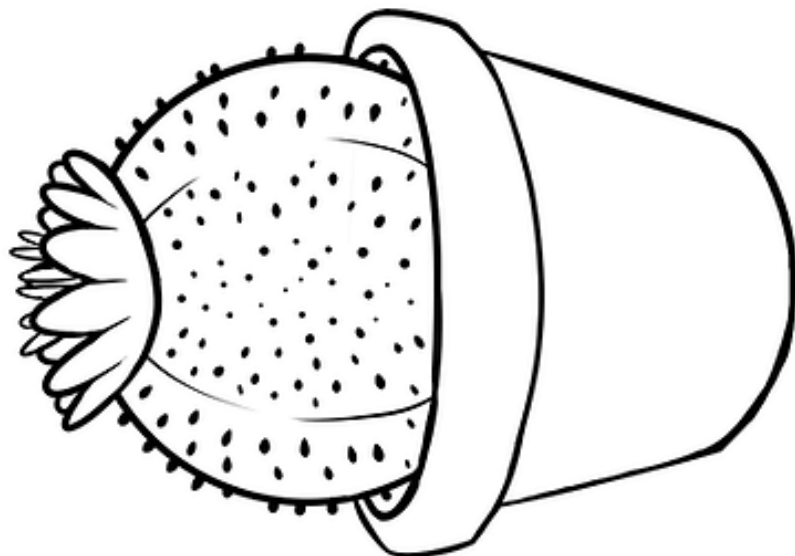
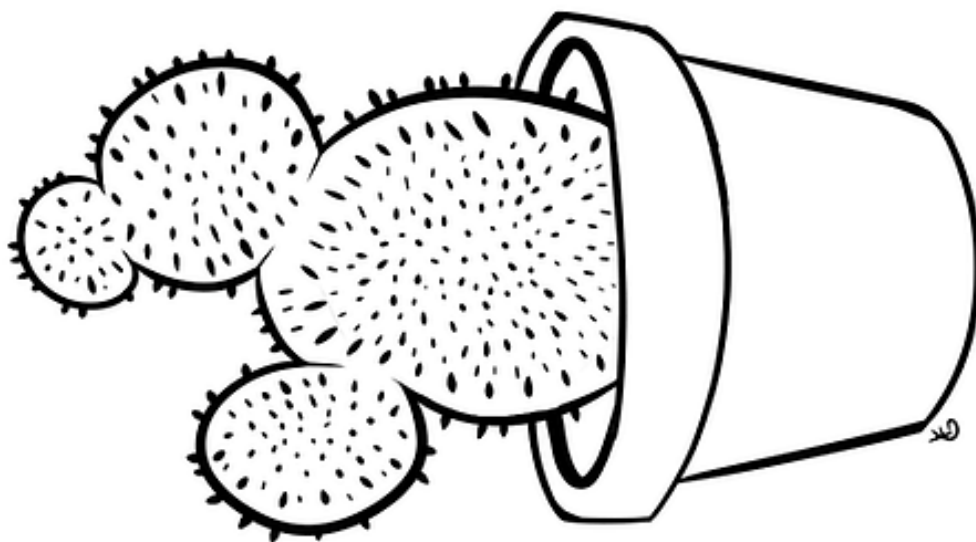
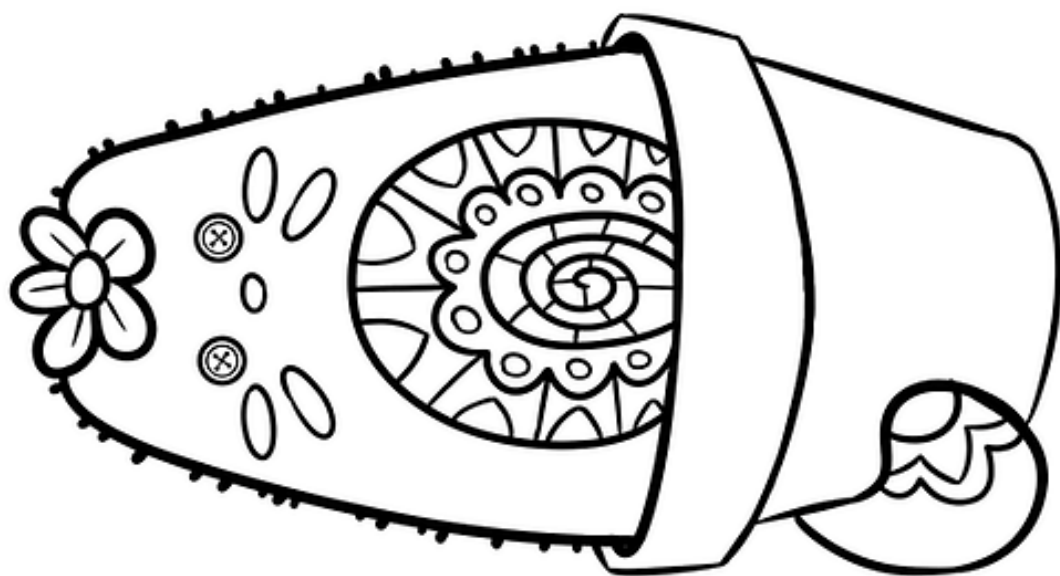
"We suffer more in imagination than in reality"

- Seneca



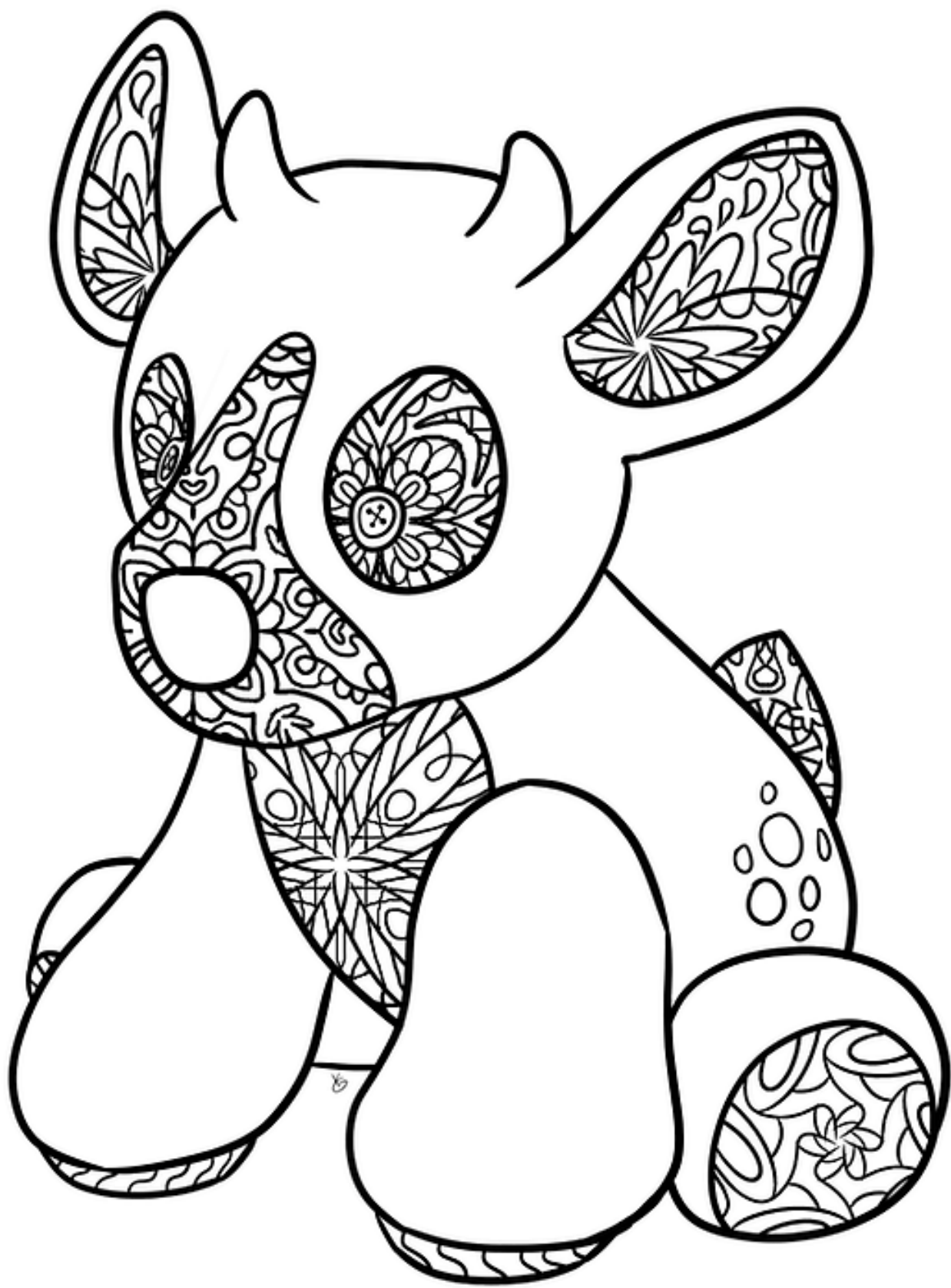
"The world is full of cacti, but we don't have to sit on it."

- Will Foley

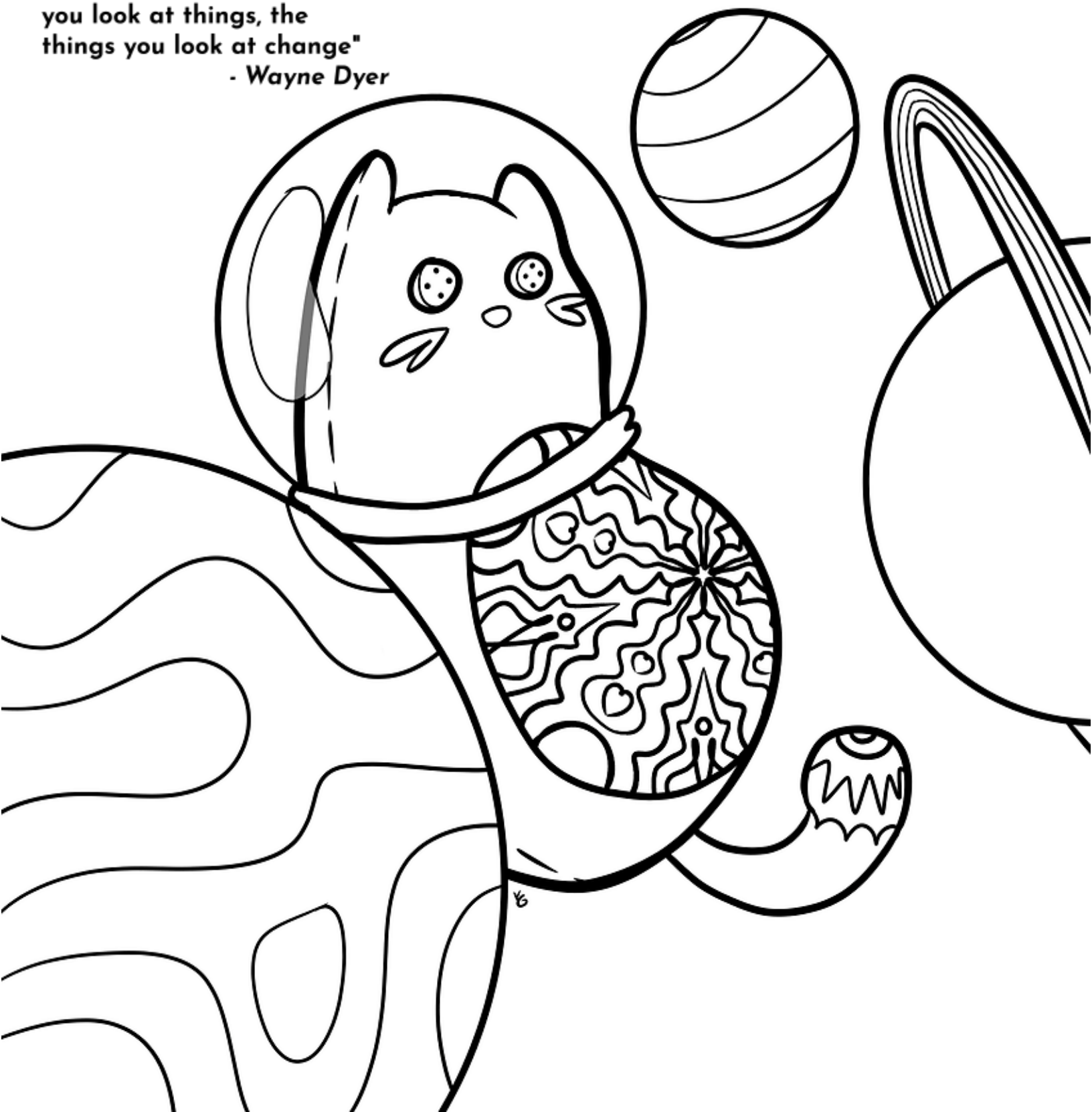


"Taking time to step back from the situation and allowing yourself to calm down before proceeding any further is helpful, I've learned."

- *Gianna Repetti*

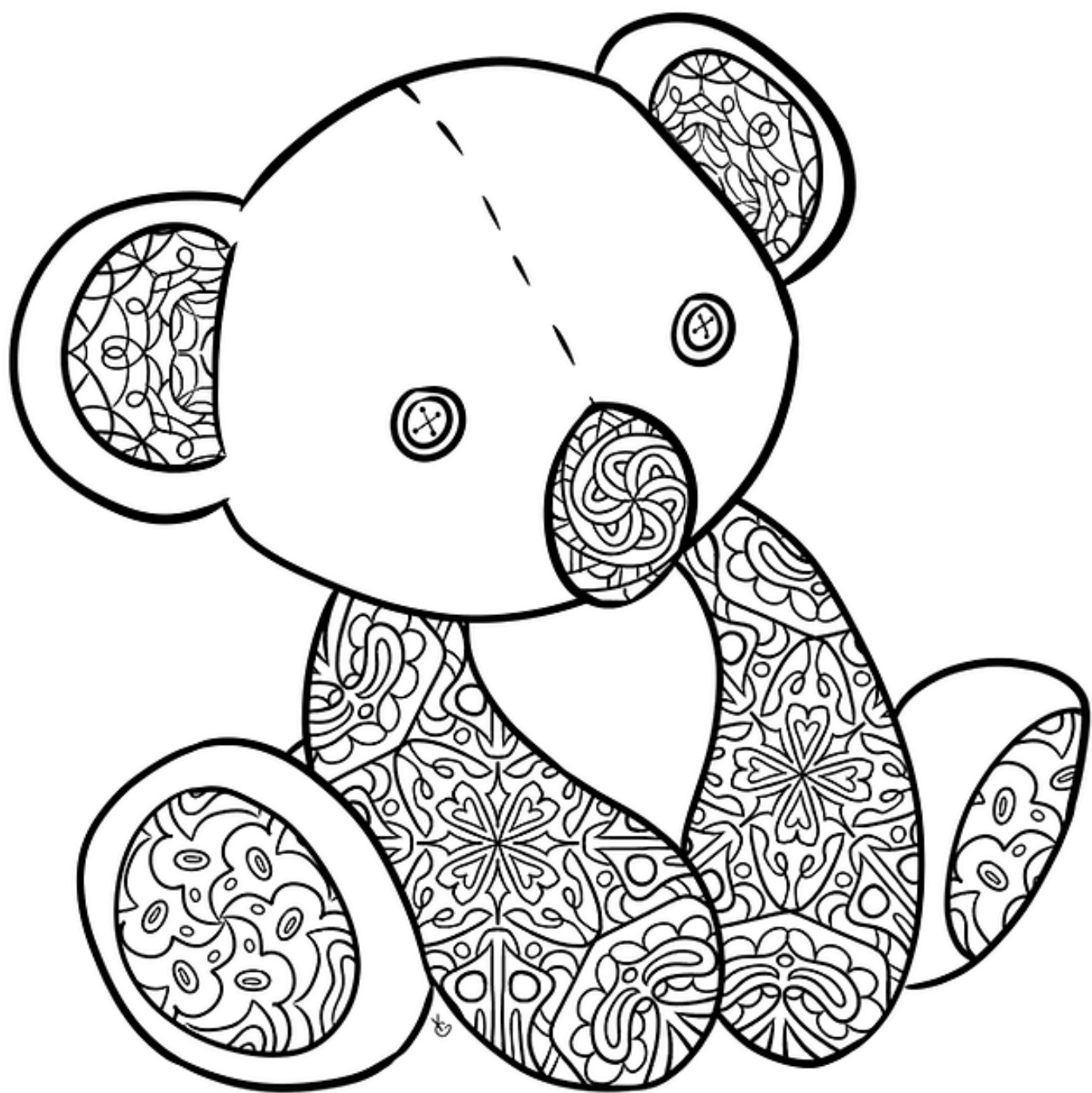


"When you change the way
you look at things, the
things you look at change"
- Wayne Dyer



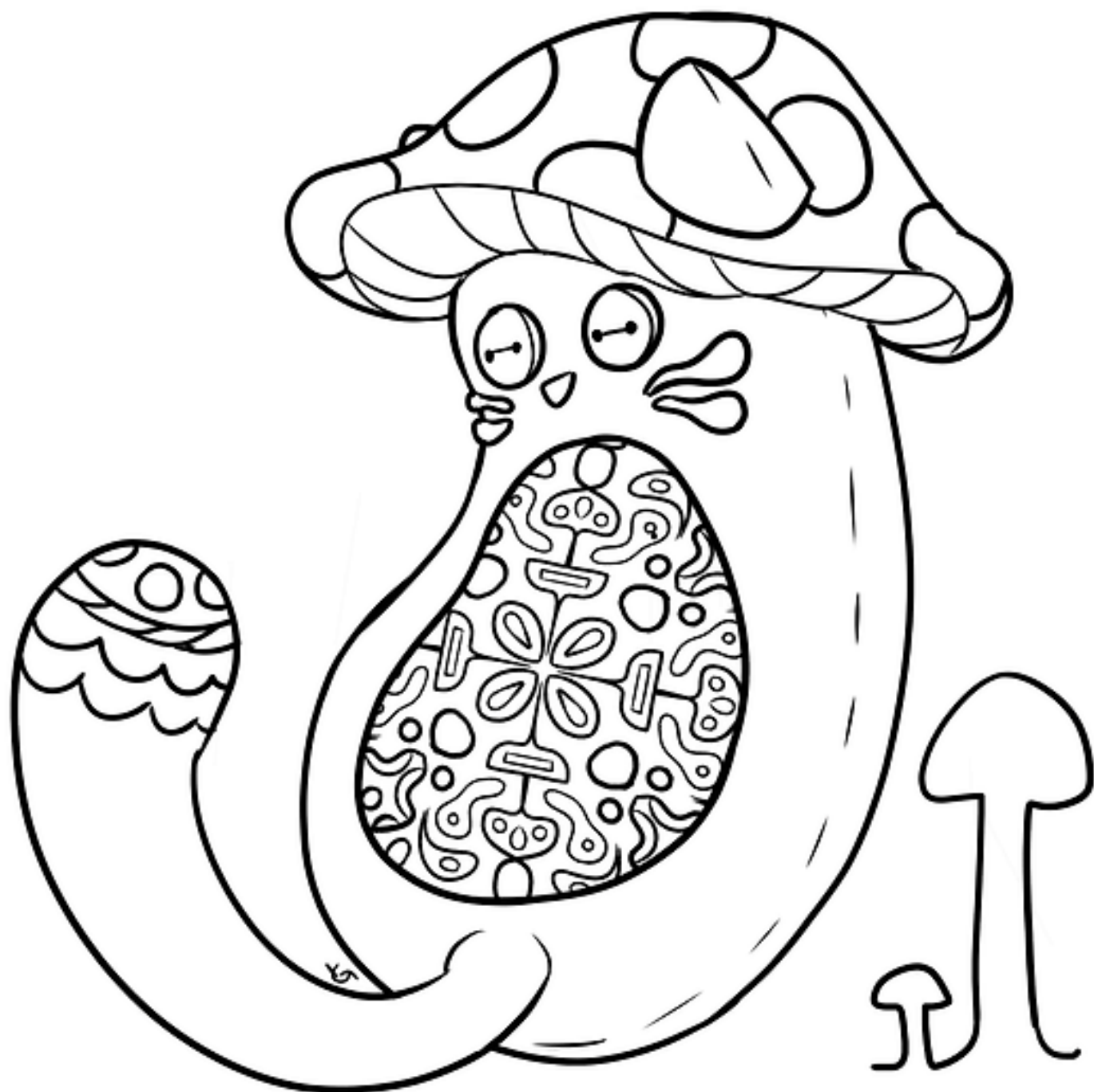
"This feeling will go away. Let's get comfortable until it does."

- Anonymous



"Trust yourself, You've survived a lot, and you'll survive whatever is coming."

- Robert Tew



"Recognize you're doing the best you can- and that is all you can expect from yourself."

- Karen Salmansohn



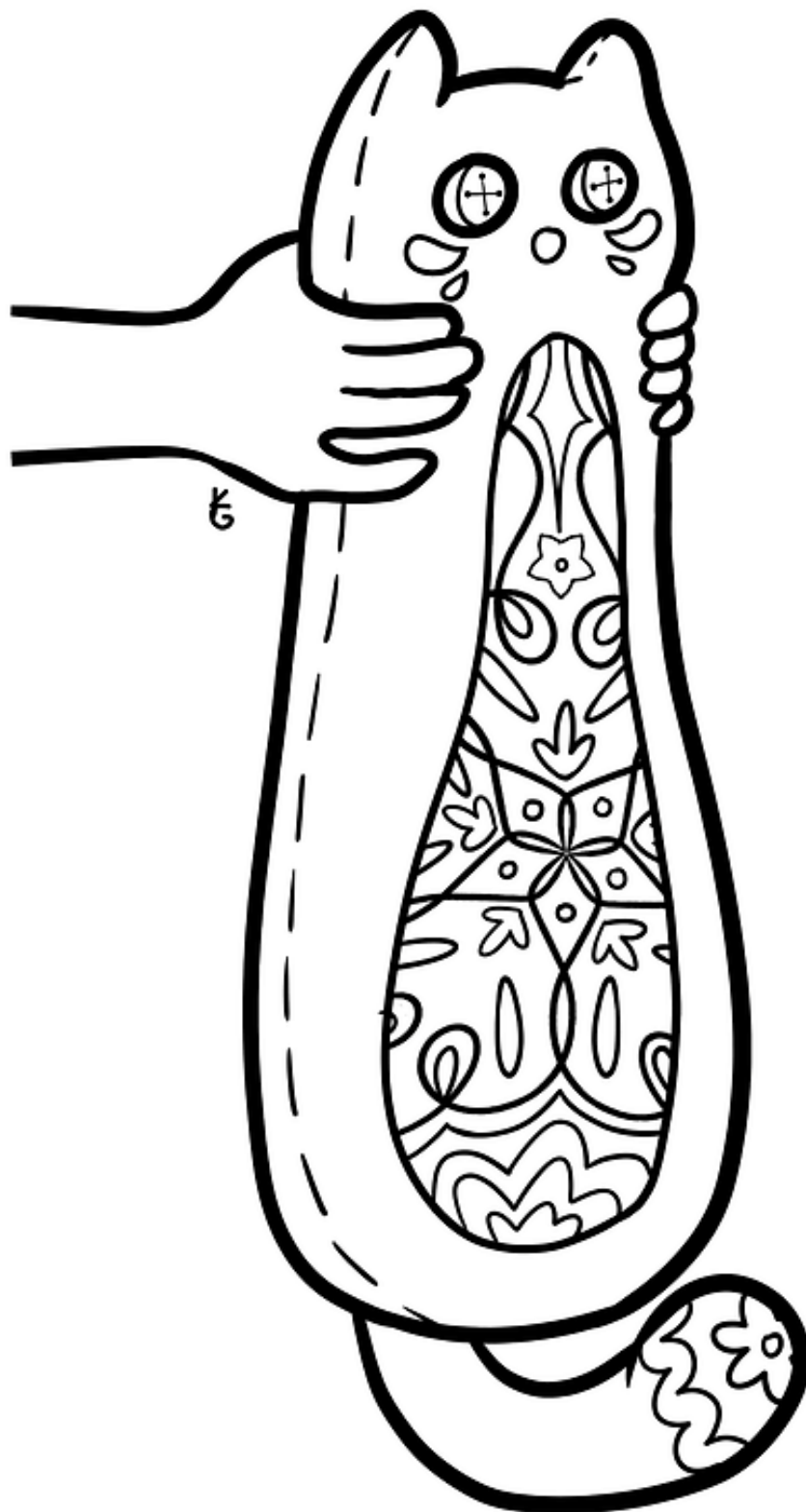
"Do not let difficulties fill you with anxiety. After all, it is only in the darkest nights that the stars shine more brightly."

- Imam Ali



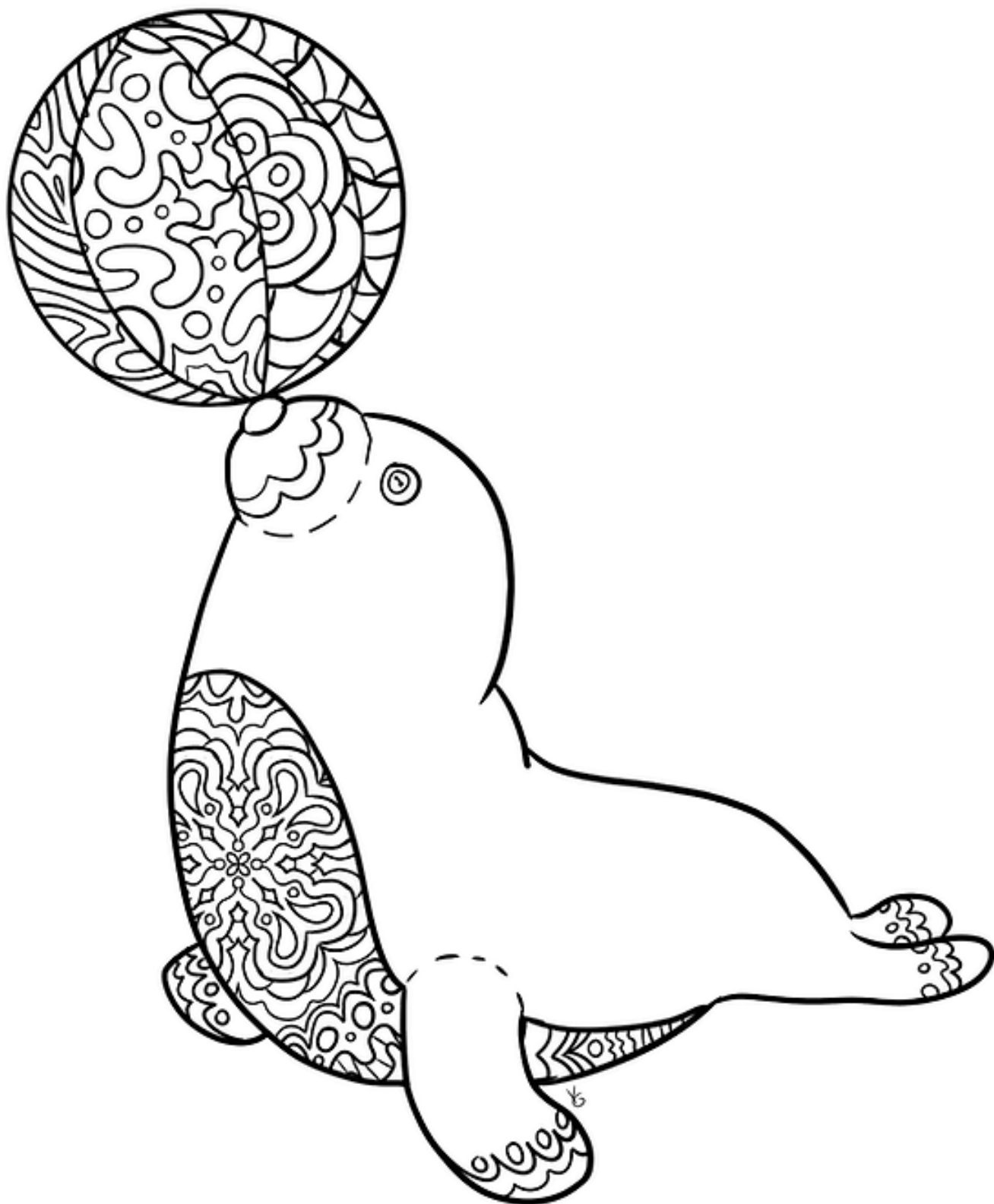
"Use colors to convey your feelings"

- Anonymous



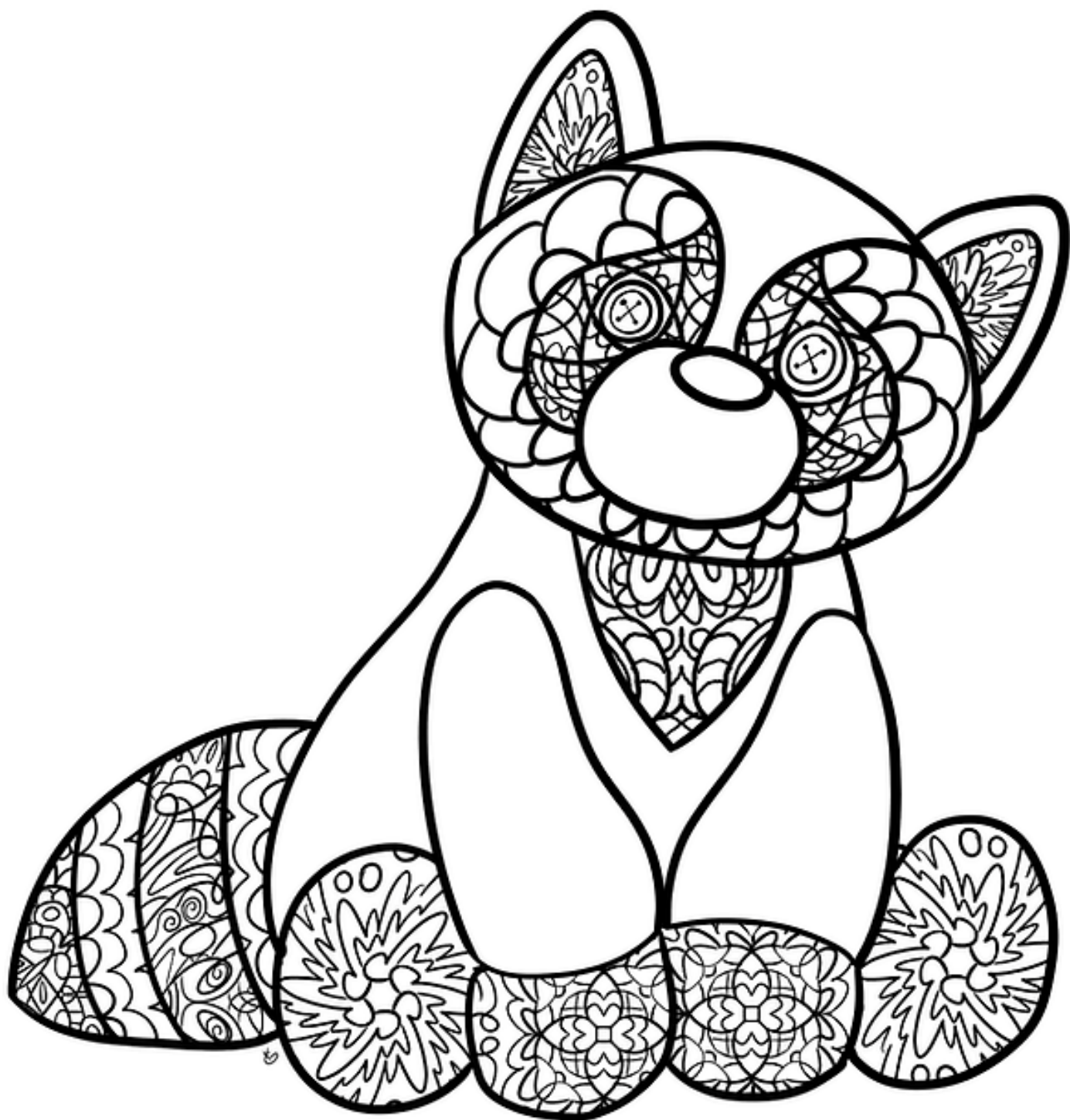
"Life is like riding a bicycle. To keep balance, you must keep moving."

- Albert Einstein



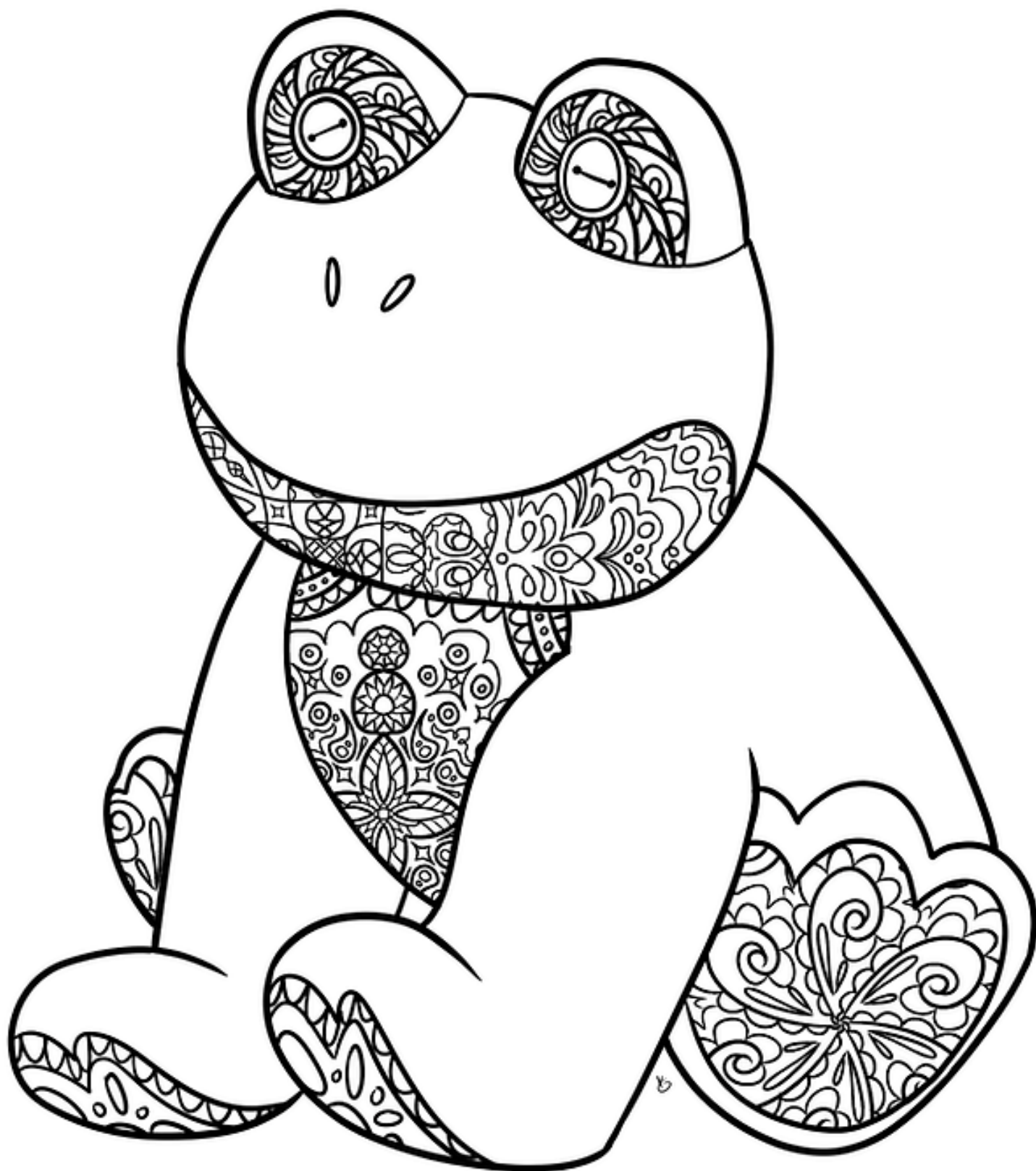
**"Just because I can't explain the feelings causing my anxiety,
doesn't make them less valid."**

- Anonymous



"The greatest weapon against stress is our ability to choose one thought over another."

- William James



"Although anxiety is part of life, never let it control you."

- Paulo Coelho



"If you're feeling blue, try painting yourself a different color"
- Hannah Cheatem

