



## Anxiety Relief Mantras

REPEAT THESE UNTIL YOU  
PUSH THE THOUGHTS FROM  
YOUR MIND.

1. I can do this.
2. I am not my thoughts.
3. These feelings aren't real.
4. I'm not letting anxiety win today.
5. This isn't a big deal.
6. I am in control of my thoughts.
7. Just own it.
8. There's nothing I cannot do.
9. I will not worry about the things I cannot change.
10. Nope. No. Not Today.