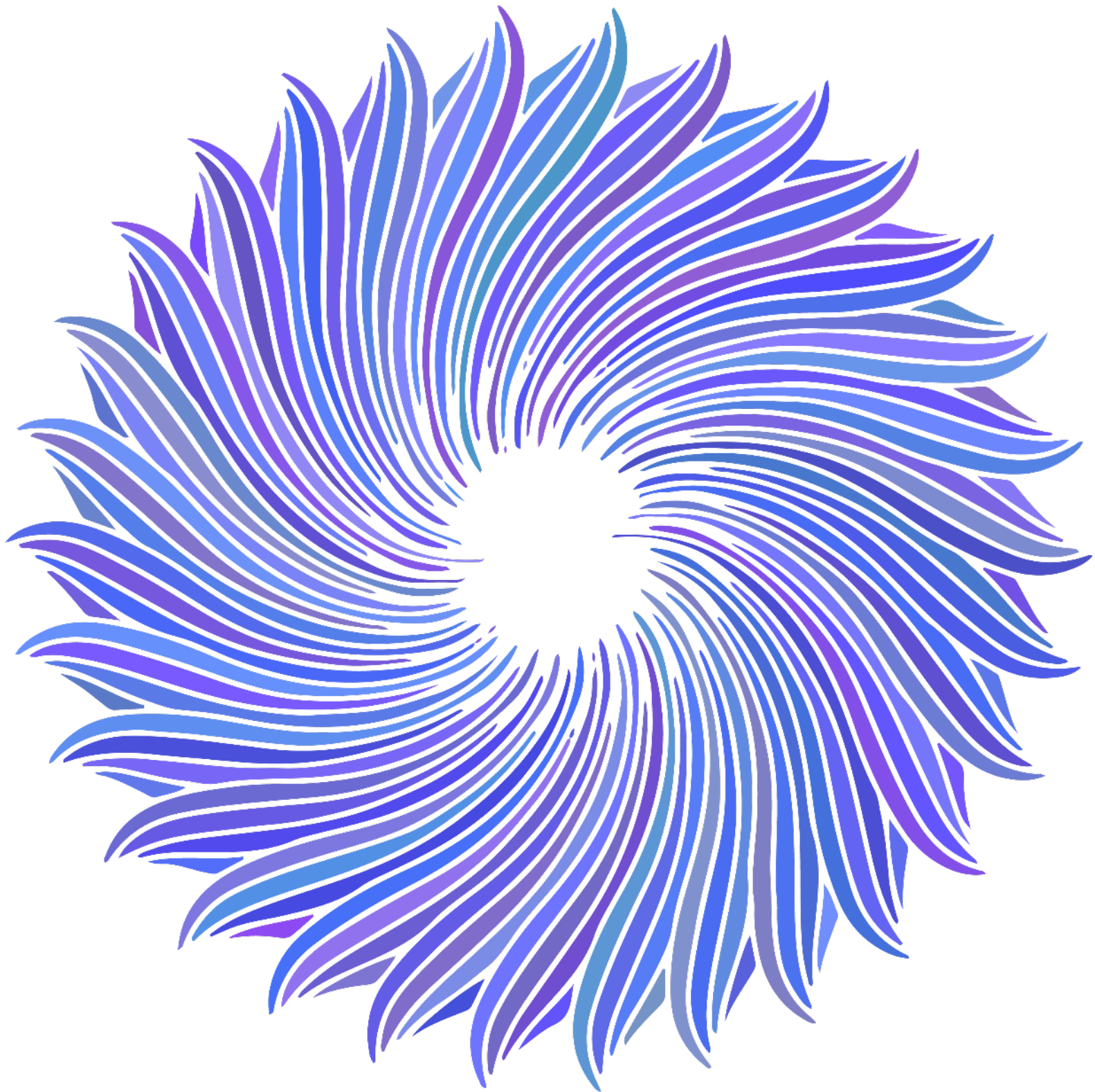
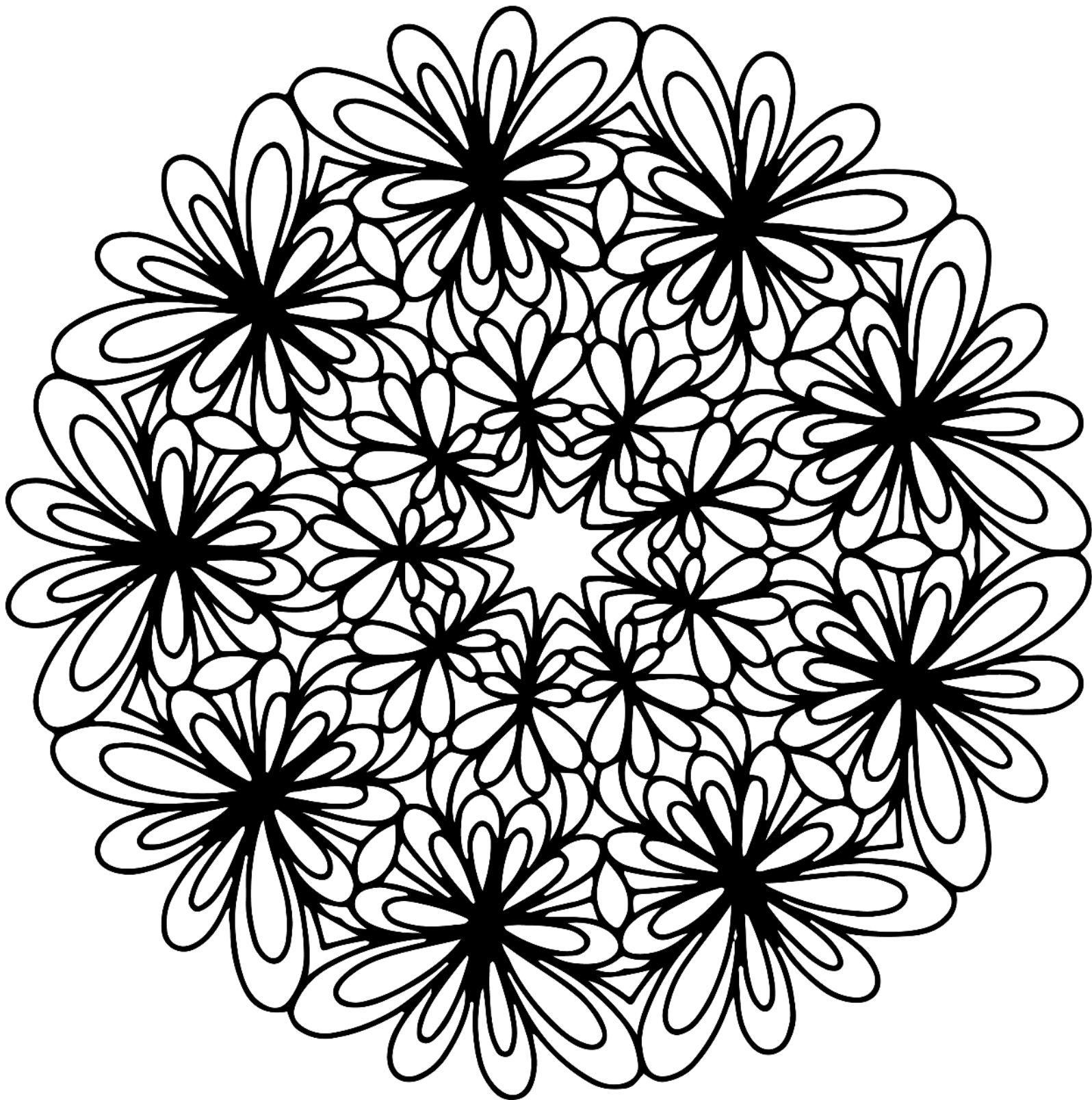


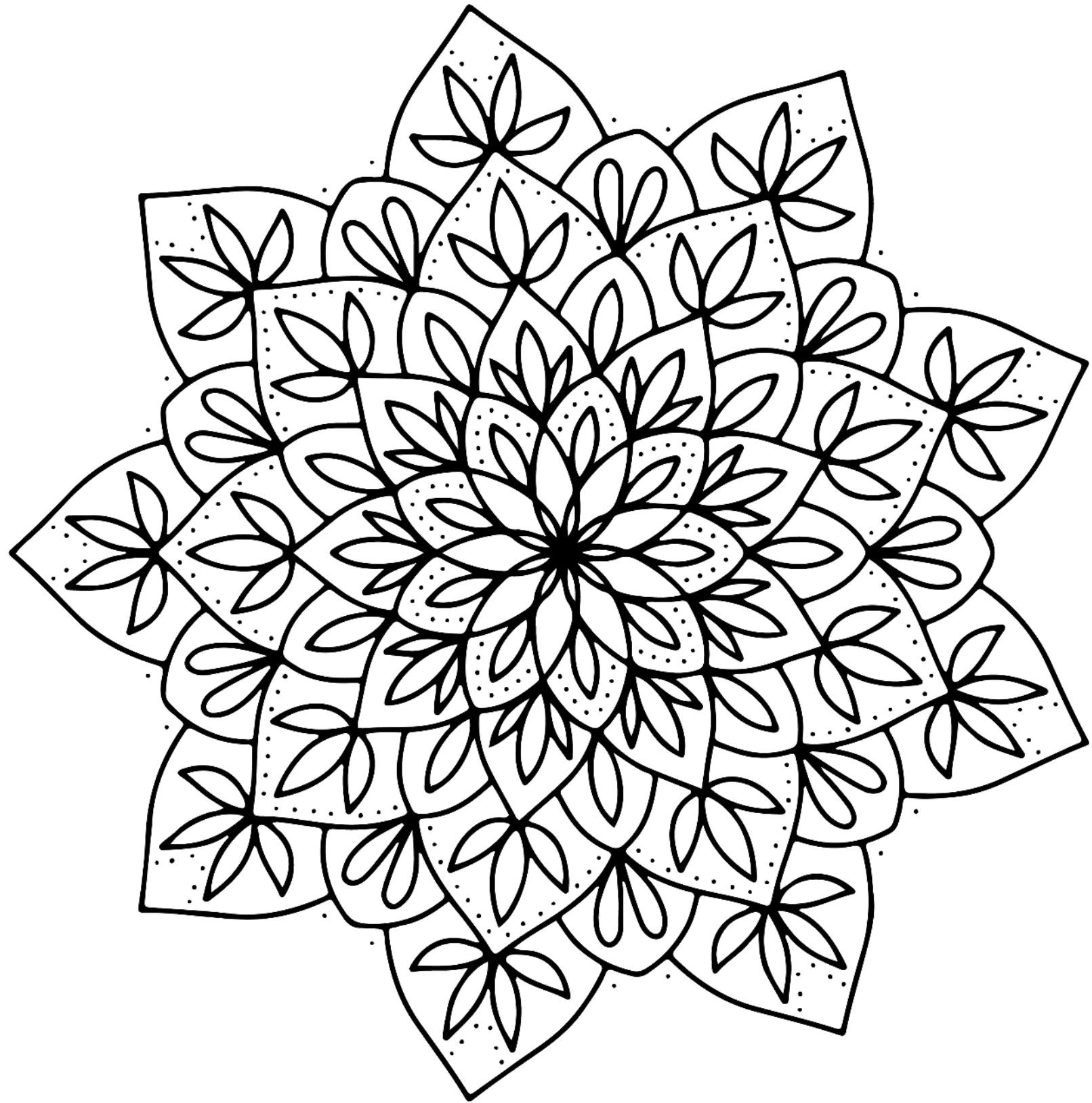
MANDALAS

to reduce anxiety

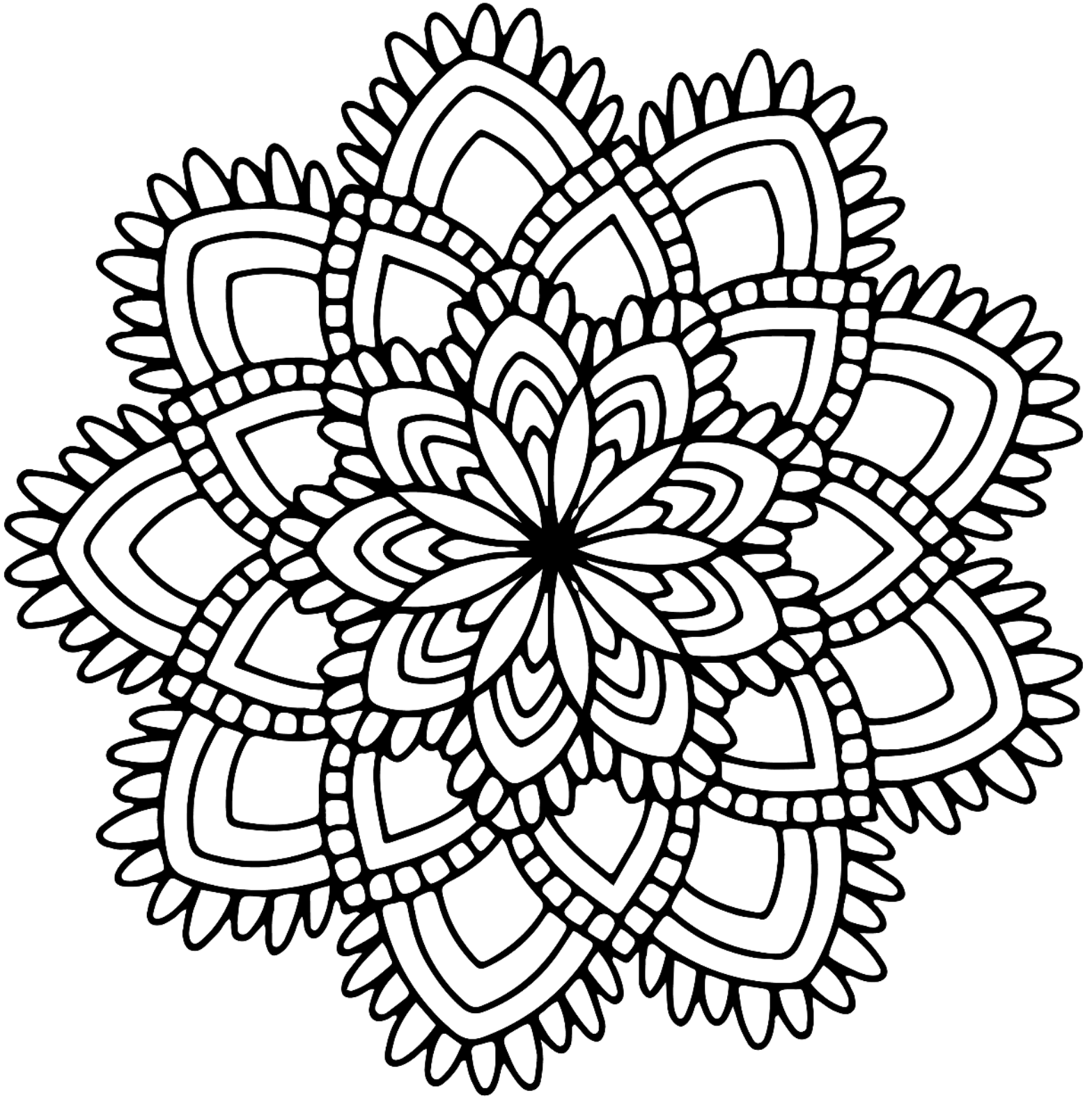




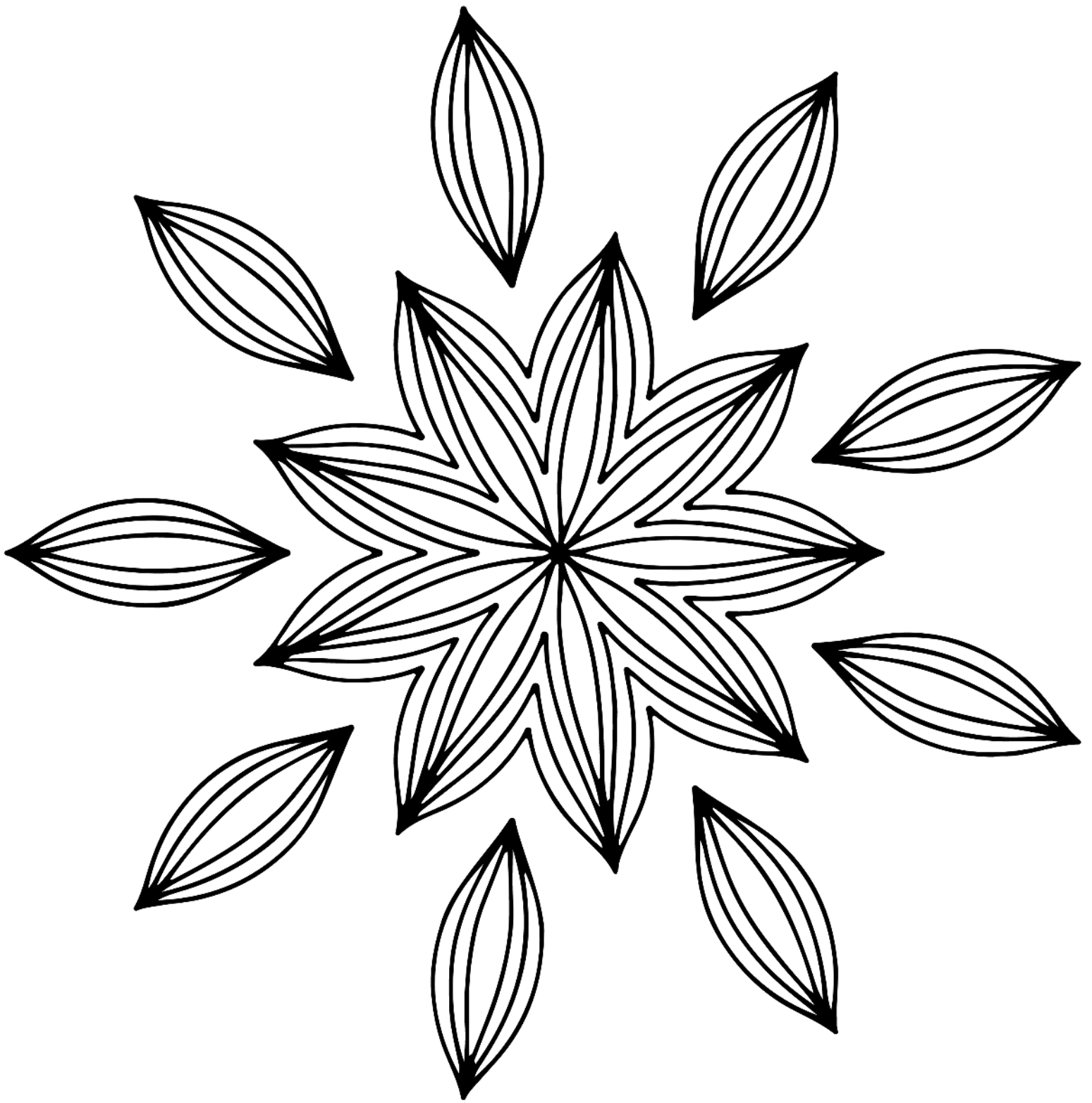
I love myself deeply
and unconditionally.



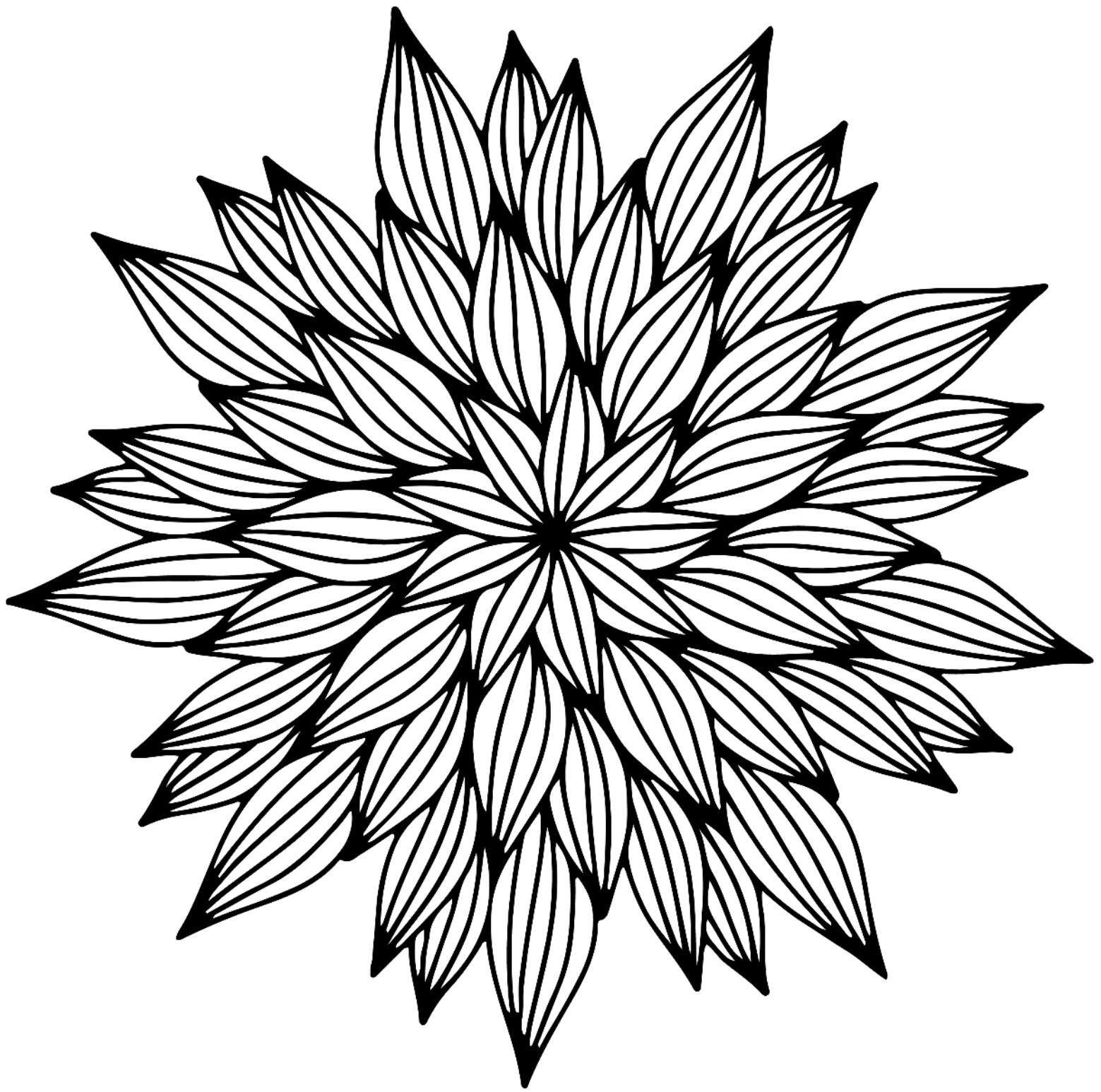
I release all worry.



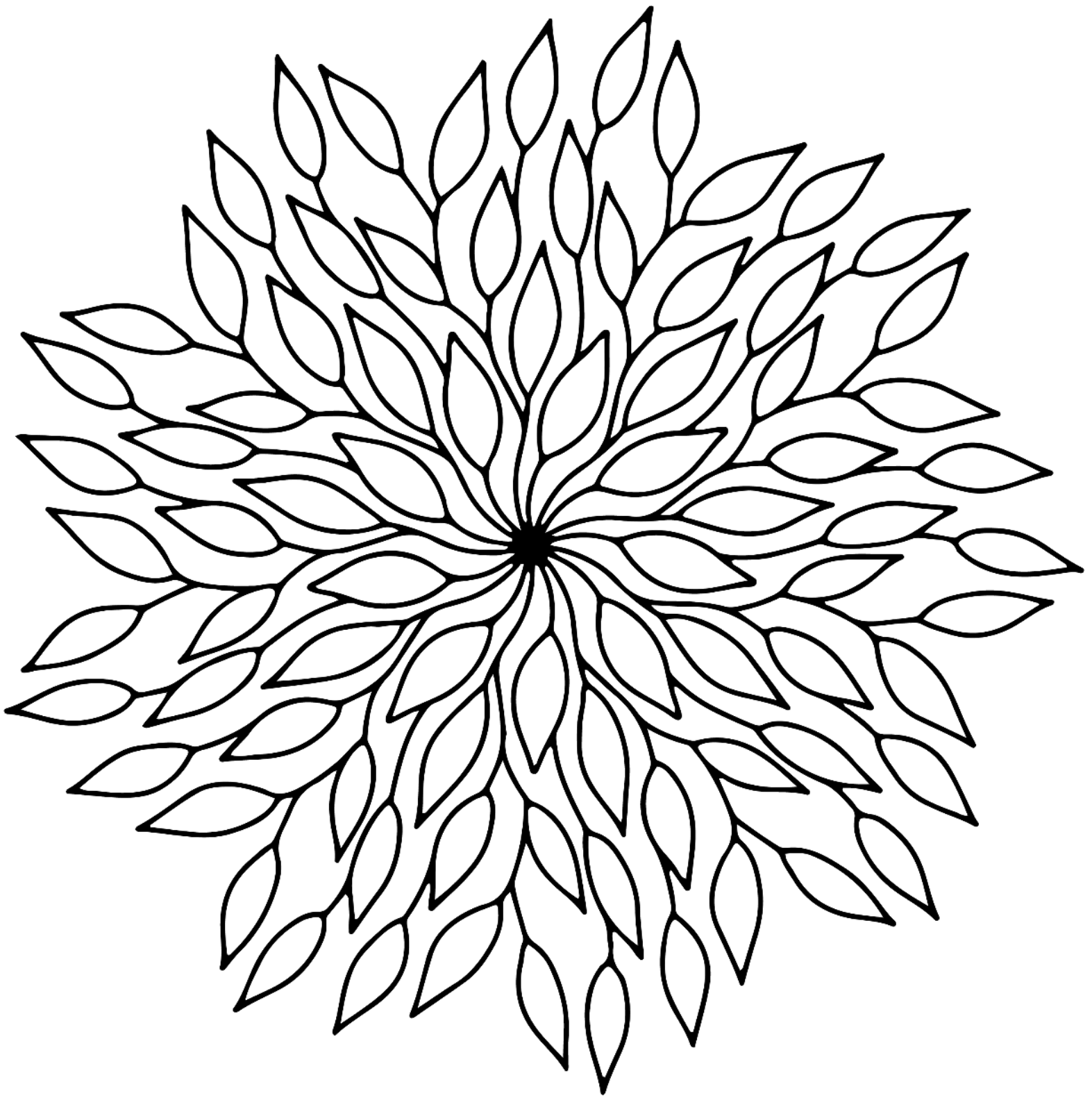
It's only a moment.



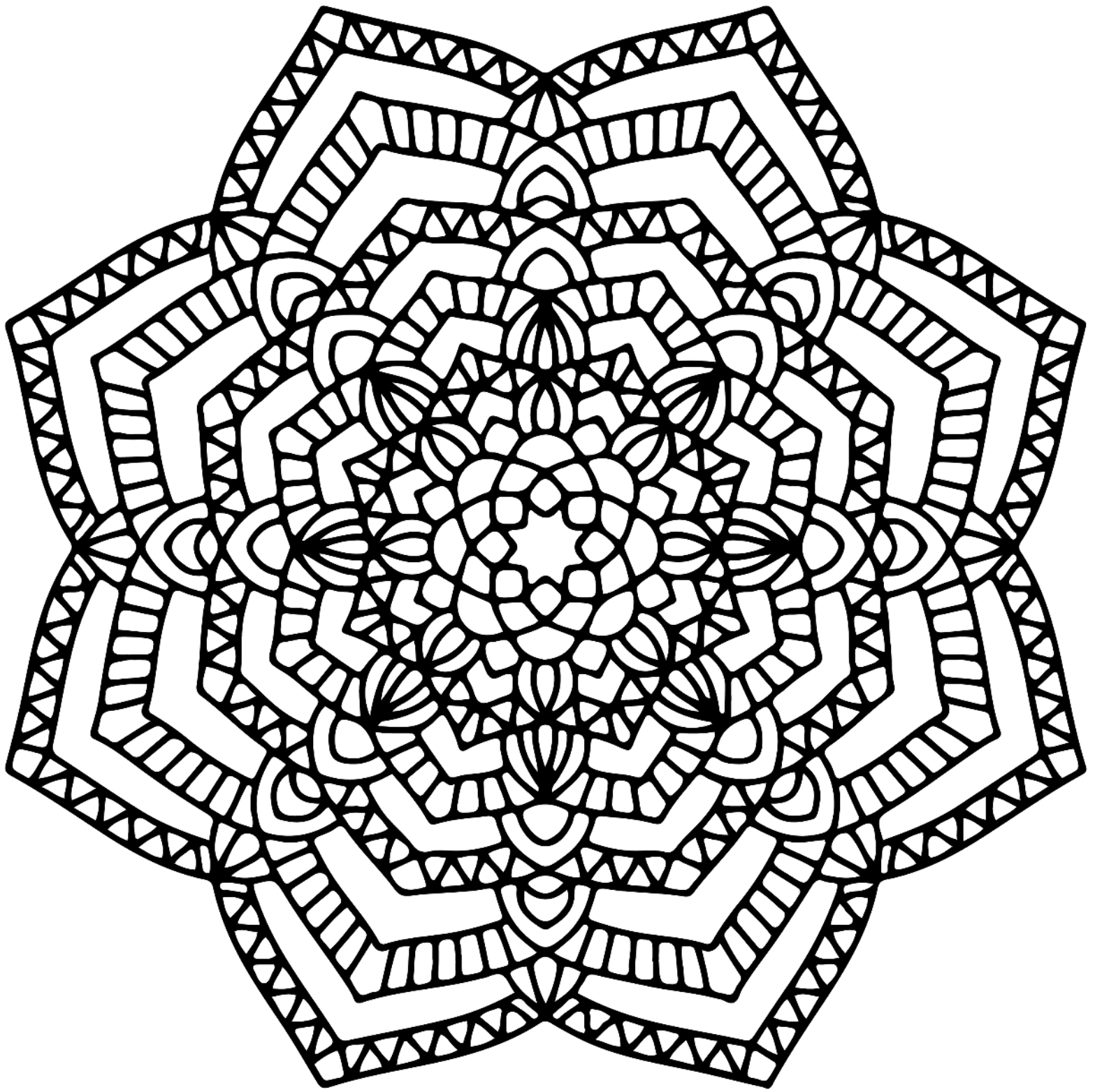
Worrying is
wasted energy.



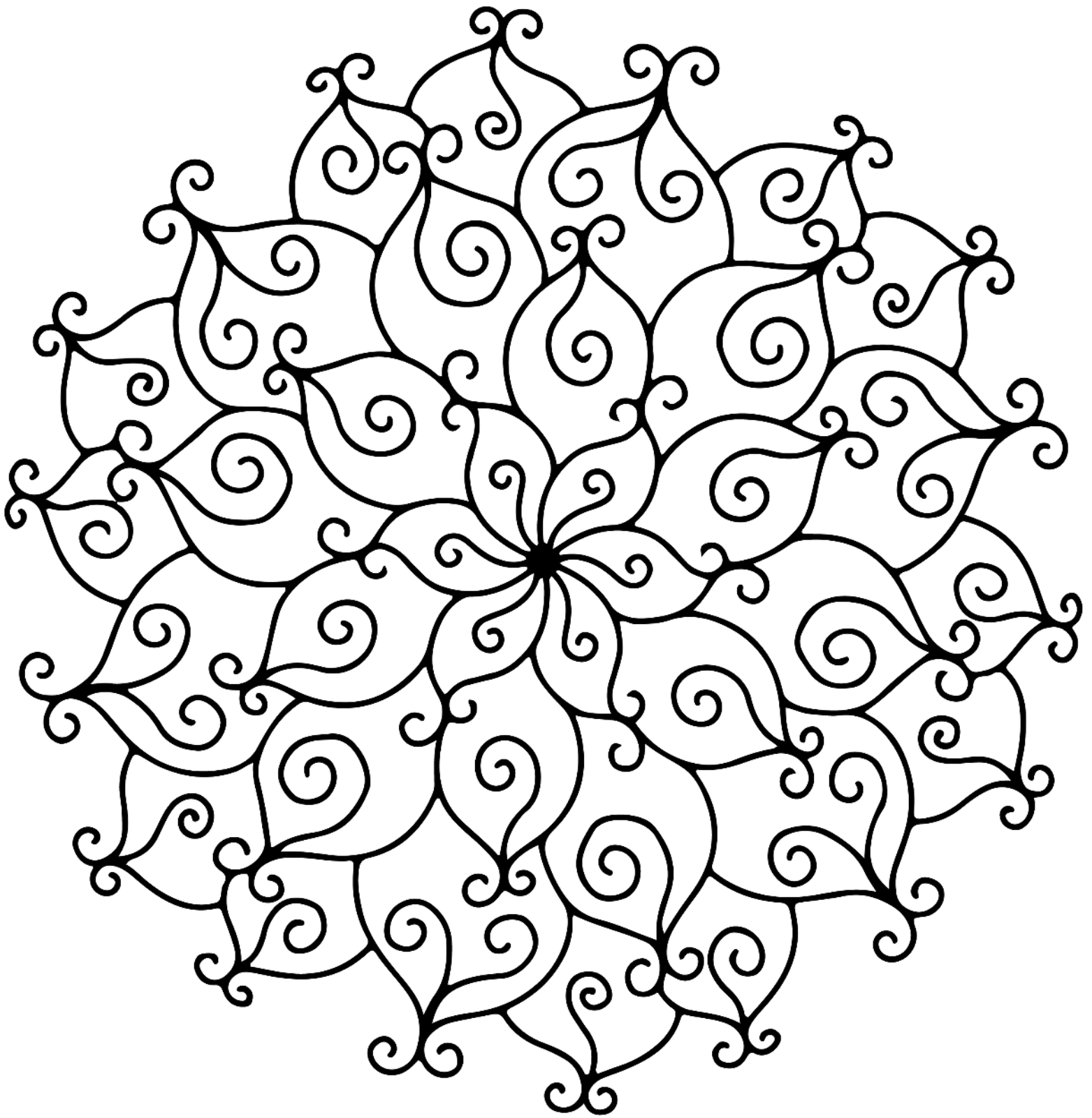
I release what
I cannot change.



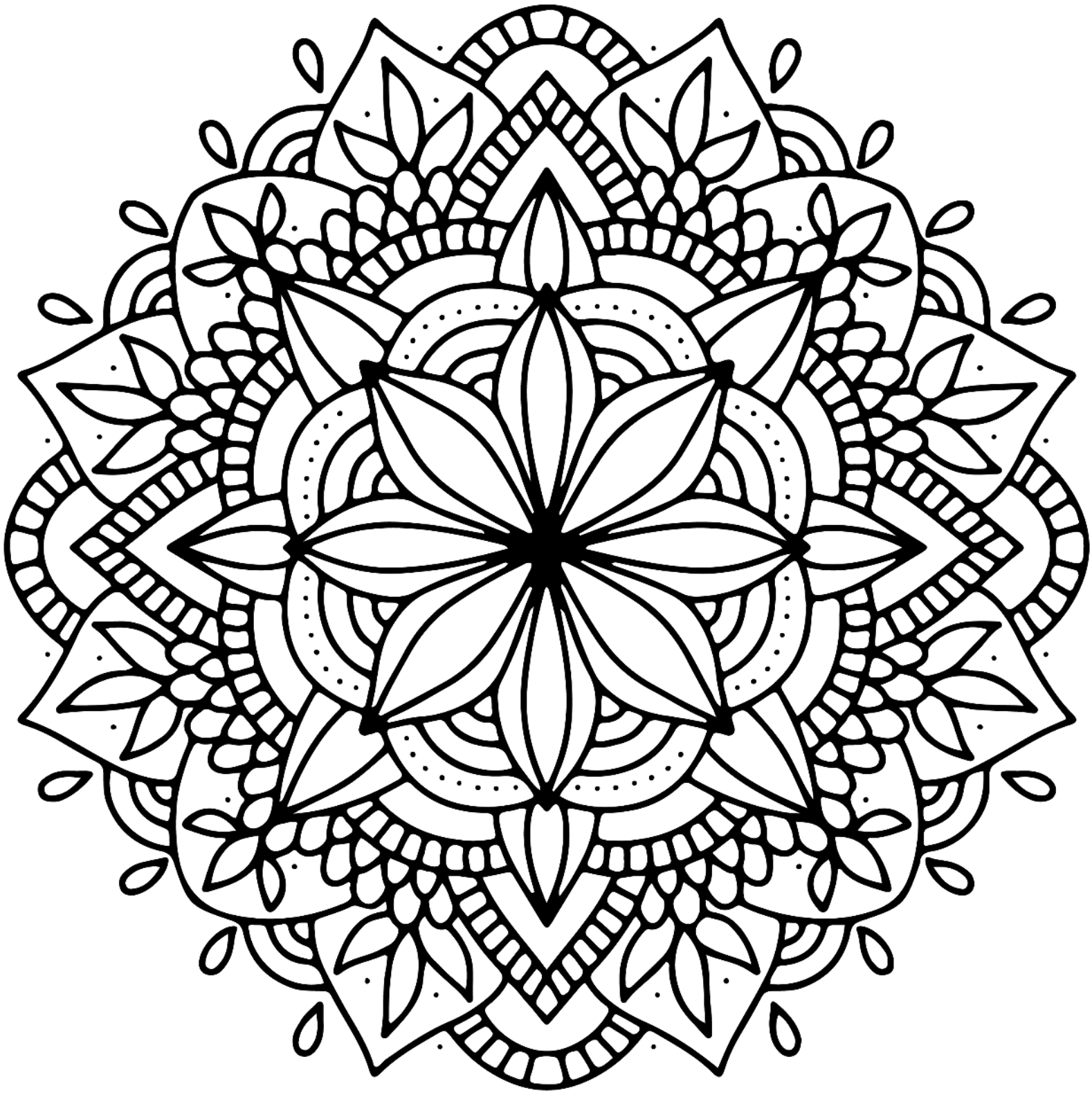
I live in peace.



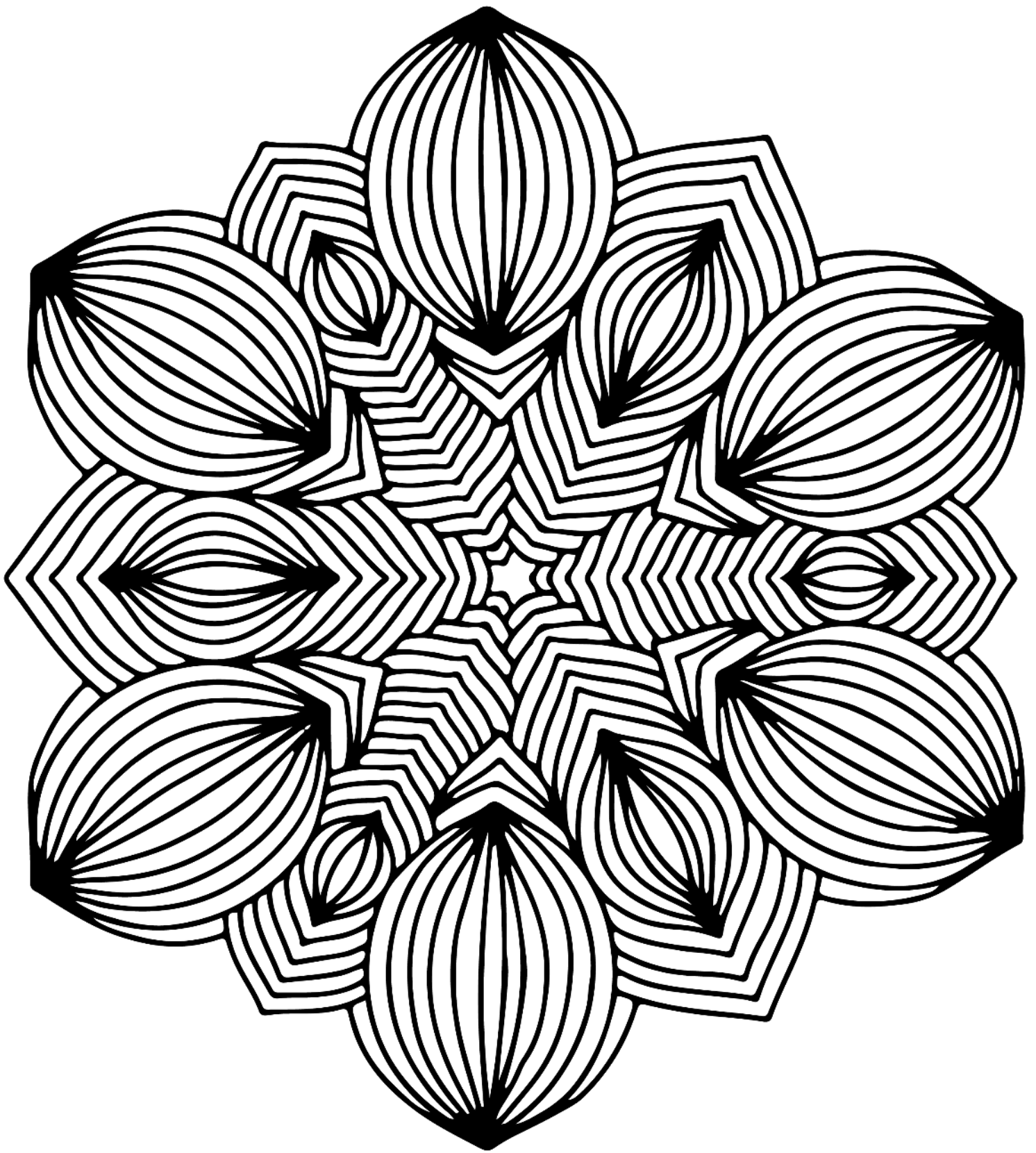
All is well in my world
and I am safe.



I'm stronger than I think.



Look how far I've come.



Anxiety does not
control me or my life.

A NOTE FROM STACIE

Anxiety is a unique beast. Some of us are able to brush it off and push past and others struggle. I struggle with it everyday. It's something I'm working on learning how to manage so that it doesn't take over my life.

The first time I had a full blown panic attack I was driving alone on the highway. It felt like I couldn't swallow and then my whole body started feeling pins and needles. The numbness set in and I knew something was very wrong. I truly believed I was dying. I pulled over and called 911. The ambulance came and took me to the hospital. The doctor examined me and determined it was an anxiety attack. It was terrifying.

Now that I knew what had happened, the next time that feeling hit, I told myself I wasn't dying over and over. I've gotten much better and have improved, but I know it will likely be something I always struggle with. I just have to always be mindful to not let anxiety and worry take away my joy.

I found these quotes about anxiety that help me to put things into perspective. If you suffer from anxiety, I hope they can help you too.

Disclaimer: Information and descriptions presented here are for educational purposes and are not intended to diagnose, treat, cure, or prevent any disease. This information should not be used as a substitute for medical counseling with a health care professional. Individuals with serious illnesses should consult a qualified health care professional.