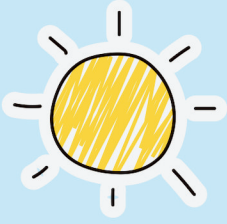


WHEN I FEEL ANXIOUS, I CAN SAY:



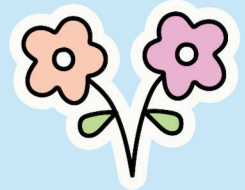
I am **safe** and I will be just fine.

Not all my thoughts are **facts**.



I have **survived** this before.

My anxiety doesn't **define** me.



I am worthy of **love** and **belonging** now.



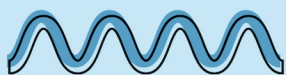
I will focus on the **present**.

I inhale **peace** and exhale worry.



I am **stronger** than I believe.

I can **cope**. I am **brave** and **capable**.



I am **enough**, just as I am.

I choose to slow down & **breathe**.



My feelings are **allowed** here.

