

# 8 Things You Can Say to Yourself When You Feel Anxious

Everyone feels anxious sometimes. These thoughts can help you calm your mind and remind yourself that you are safe and capable. Try saying them silently or out loud when you notice your anxiety growing.



I can handle this, even if it feels hard right now.



This feeling will pass. I've felt anxious before and it didn't last forever.



I'm safe in this moment. My body just needs time to calm down.



It's okay to take a break or ask for help.



I can slow my breathing and help my body relax.



My thoughts are not facts. I can choose which ones to listen to.



I can focus on one small step at a time.



I've coped with tricky things before, and I can again.