

*You know how we're always going on about talking to yourself? Well, we are BIG believers because it works! The following are 6 mantras we like to use when we are feeling anxious. The key is to repeat them ALoud. You can print them and post them somewhere you can see them or carry them with you in a purse or backpack. Abs keeps them in various drawers and in her glove compartment (in case of car panic).*

*Feel free to create your own sayings and visuals...*

*This too shall pass...*



*Breathe in, breathe out...*



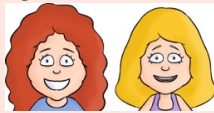
*Breathe in peace, breathe out stress...*



*I am okay...*



*This is just a misfire...*



*I am not alone...*



