

I have done
this before, I
can do it
again.

What is the
worst that could
happen? How
likely is that?



This is just
anxiety. It
will pass.

Imagine a
favorite place
and breathe
slowly.



I am strong
and brave. I
am in
charge.

Coping Thoughts for Anxiety

<https://goodbyeanxietyhellojoy.com>