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**Anxiety Fighting Mantras**

**Part 1: Try On a Few Mantras**

- This too shall pass.
- What doesn't kill me makes me stronger.
- I may not like this, but I can handle it.
- Bring it on.
- This is a false alarm going off in my brain.
- This is uncomfortable, but not dangerous.
- I can ride this out.
- Just because I feel like I'm going crazy, does not mean I am.
- I may not feel okay, but I am okay.
- Short-term pain, long-term gain.

**Part 2: Create Your Own Mantra**

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**Part 3: Real-Life Practice**

- Situation: \_\_\_\_\_
- Symptom(s): \_\_\_\_\_
- How I can use my mantra: \_\_\_\_\_

**Part 4: Make It Stick**

- Place sticky notes where you can see them.
- Set a reminder on your phone with your mantra.
- Draw a symbol that represents your mantra.
- Create a playlist of songs that feel calming or strong.