

Mantras for Easing Anxiety

- Breathing in, I calm my body. Breathing out, I smile. Dwelling in the present moment, I know this is a wonderful moment.
- I am safe. I am calm. I am in control.
- This too shall pass.
- I am enough.
- Let go of what I cannot change.
- I choose peace.
- Inhale confidence, exhale doubt.
- One step at a time.
- I am grounded, I am centered.