

# When *Anxiety* Hits, Remind Yourself...

## **Your Body is on Guard Duty**

It's attempting to shield you, even if it's a little off track.

## **Time Is on Your Side**

This feeling will fade faster if you let it continue without fighting back.

## **You're Built for This**

You'll push through, and it'll build your resilience even more.

## **Mind Over Matter**

Intrusive thoughts only gain strength if you feed them attention.

## **Live in the Moment**

Neither yesterday nor tomorrow can affect you here and now.

## **Storms Don't Last**

Whatever's causing this unease is just a passing phase.

## **Inner Strength Awaits**

You possess far more power and toughness than you realise.

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