

Embrace positive change

100 QUOTES TO READ WHEN STRESSED



100 CAREFULLY CRAFTED QUOTES

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100 Quotes To Read When Stressed

I know life is hard. It is hard for everyone. There are so many stressors from work, relationships, marriage, kids, health, finances, debts, to anything in between. I get it. You're tired and you're stressed. You're tired of living your life like this. Maybe you remember the simpler times and you miss them. Those times are gone and you only have the now so you might as well make it worth it. Remember to take care of yourself because you absolutely deserve it, dear. Here are 100 quotes to read when stressed.

1:

“The most useful weapon for stress is the ability to choose one thought over another”.

2:

“Take care of your body because you only got one”.

3:

“Relax your expectation of yourself so you can relax”.

4:

“You’re braver than you think you are”.

5:

“Live your dream, not your fears”.

6:

“Don’t try to be liked. It’s stressful trying to be someone you’re not”.

7:

“Happiness is a choice”.

8:

“Don’t compare yourself to another. This is your life, it’s about you, not them”.

9:

“Don’t be afraid to take a break. Without energy, how can you keep going?”.

10:

“It’s just priority. What you prioritize is what will thrive. Don’t forget to prioritize your mental and physical health”.

11:

“Limitations is only inflicted by your minds”.

12:

“Let go of who you are so you can be who you might be”.

13:

“Happiness is not found, it’s made”.

14:

“Everything has beauty if you know where to look”.

15:

“There will always be haters but their opinion aren’t more important or more accurate than millions of other people on Earth”.

16:

“Your mind can clear most of the confusions if you allow yourself to relax”.

17:

“Plan ahead then go with the flow”.

18:

“Don’t regret the things you’ve done because you can derive a good lesson from everything”.

19:

“Stress is derived from your thought of wanting to be there but realizing you are here instead”.

20:

“Don’t live in the future or the past. You only have the now”.

21:

“Let go of what if and focus on what you can do now”.

22:

“Life goes on whatever happens”.

23:

“Don’t compare your journey with anybody else’s. You walk different paths”.

24:

“Let obstacles be stepping stones to something greater” .

25:

“A thousand miles is just a thousand one miles. The trick is to look at one mile at a time”.

26:

“Stress is a silent killer that all of us has enrolled in our lives without giving it a second thought”.

27:

“Take your time, don’t rush. It’s going to be okay”.

28:

“The best day is yet to come”.

29:

“Don’t pine after the future, now is what matters”.

30:

“Be nice to your mind so it’ll be kind to you in return.
Take a break from all that stress”.

31:

“Don’t let anyone other than you define your values and worth”.

32:

“It’s okay to do nothing”.

33:

“Being slow doesn’t mean failure”.

34:

“Struggle breeds progress”.

35:

“Follow your passion and the money will follow”.

36:

“Learn from your mistakes so if you fail, you fail forward”.

37:

“If you enjoy each moment, none of it will go to waste”.

38:

“Don’t be too quick to jump to a conclusion”.

39:

“Life’s ultimate goal is to be happy”.

40:

“Additional stress is added when you are on the wrong path. Are you living a life you want to live or are you living simply because you wish to fulfill someone else’s expectation of you?”

41:

“It’s easier to work hard when you actually enjoy what you do”.

42:

“You never see how hard others worked, don’t give up just because of an obstacle. All the successful people have been there before”.

43:

“Sometimes it takes time for your heart to finally accept what it already knows”.

44:

“Your thought can be the beginning of something great”.

45:

“The right amount of stress is moderate. Learn to calibrate your level of stress”.

46:

“Breathe. Focus on your breaths. Feel it coming in and out of your lungs. Remember to breathe”.

47:

“The hardest steps to take are the first few”.

48:

“It’s okay to not understand why you did what you did. Sometimes your gut knows more than you think”.

49:

“Don’t forget to live your life before it’s too late. You have a life beyond all your responsibilities”.

50:

“You are your habits, cultivate good habits”.

51:

“Sometimes people would try and convince you to not pursue your dreams because they never dared to carry themselves far enough to reach their dreams”.

52:

“Life is hard but you can make it”.

53:

“Don’t take things too personally. A lot of times it’s not about you”.

54:

“Don’t change your values because of somebody else”.

55:

“Don’t be ignorant. Stress stems from thinking everything is an emergency”.

56:

“Nothing can be solved by excessive worries”.

57:

“Your attitudes determine much of your life”.

58:

“Focus on the rests between two breaths. Every moment matters”.

59:

“It’s not really about the stress, it’s our reactions to the stress”.

60:

“Be okay with chaos. Learn to appreciate the ups and downs of life. Watch them as though they are traffic going by. Just watch”.

61:

“Don’t be afraid to be different”.

62:

“Slow down. Don’t chase the fast pace life. Before you know it, life will be gone and you’ve lost it all in the high-speed chase”.

63:

“Don’t be afraid to say ‘no’ when you have too much on your plate”.

64:

“Your past is not you”.

65:

“Love yourself the way you want to be loved”.

66:

“Be the person you want to be not the person others want you to be”.

67:

“When they show you who they are, believe them. Don’t make excuses for their behaviours”.

68:

“Don’t take anything for granted”.

69:

“You don’t always need answers. It’s okay to stay silent”.

70:

“Much of your stress comes from trying to control everything. Just let it be. Don’t try to control it”.

71:

“There is more to life than speed, accomplishments, status, and wealth”.

72:

“You don’t have to be the best at everything to be good enough for love”.

73:

“When a door closed, look for an open window”.

74:

“Don’t worry about the small stuff. Reserve your energy for something bigger”.

75:

“What you see around you is highly curated. Don’t compare your life with anyone else’s”.

76:

“You only fail if you never learn from your mistakes”.

77:

“For one brief moment, let go of everything. Let go of all the worries, stress, discomfort, shame, guilt, embarrassment, jealousy, envy, regrets, anger, sorrow, emptiness, plans, pains, frustration, expectations, the past, the future, the now, everything... That’s your baseline. Remember your baseline”.

78:

“It’s beautiful to do nothing and then proceed to rest afterwards”.

79:

“Don’t live for anybody other than yourself” .

80:

“Your memories aren’t greater than your future. Let the past be a past so you can move forward”.

81:

“Don’t underestimate the power of pausing your life to do nothing”.

82:

“Every good and bad choice adds up and it affects your mind, body, and soul”.

83:

“Suffering is temporary. You’ll come out the other side stronger”.

84:

“Your mindset matters. Your mind can be trained”.

85:

“Don’t try to be anybody else. Be yourself. It takes time to forget all the expectations of you so that you can be that special person”.

86:

“You don’t always have to constantly seek improvement”.

87:

“Be honest with yourself, what do you want out of life?”.

88:

“Every step forward doesn’t matter how slow is a step forward. Every step backward is a practice for a step forward”.

89:

“There are times in which you should not give up and times in which you should. You are the only person who knows what you should do”.

90:

“There can be success in giving up. If you didn’t give up on the wrong project, how can you start the right project?”.

91:

“Treat your body like a sanctuary. What can you do now to respect it?”.

92:

“Your immune system can be boosted by controlling your stress”.

93:

“Your mind can be your best friend or your worst enemy”.

94:

“How can you enjoy your success if you don't have your health for company? Take care of yourself. Don't let stress overtake you”.

95:

“Don’t anticipate troubles that will never come”.

96:

“You could go faster but it would come at the price of your mental health. Never put your mental health on the line for a speed chase”.

97:

“You are strong and capable”.

98:

"A stressed person isn't necessarily a hard working person. Don't let stress overtake progress".

99:

“ake some time to recover from the battle before taking off again”.

100:

“Stress can only exist if you let it be”.