

Stoicism

Stoic one liners for stress relief: ■





A gem cannot be polished without friction,
nor a man perfected without trials.

SENECA



Remind yourself what you've been through
and what you've had the strength to
endure.

MARCUS AURELIUS



True happiness is to enjoy the present,
without anxious dependence upon the
future.

SENECA



The trials you encounter will introduce
you to your strengths.

EPICTETUS



You're better off not giving the small things more time than they deserve.

MARCUS AURELIUS



We suffer more often in imagination
than in reality.

SENECA

ASTOICSMIND

