



December 2024 ANXIETY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 I trust in my ability to handle any situation.	2 I am calm and relaxed.	3 I breathe in peace and breathe out stress.	4 I am capable and strong.	5 I choose to focus on what I can control.	6 I release worry and embrace calm.	7 I am grounded and stable.
8 I trust the process of life.	9 I am in charge of how I feel.	10 I am surrounded by love and support.	11 I release all tension and embrace relaxation.	12 I trust in my ability to relax.	13 I am confident in my ability to handle challenges.	14 I am deserving of inner peace.
15 I let go of fear and embrace love.	16 I matter.	17 I am resilient and can handle any situation.	18 I choose thoughts that serve me well.	19 I am strong, capable, and confident.	20 I am free from worry and fear.	21 I am relaxed, centered, and focused.
22 I am capable of overcoming anxiety.	23 I am safe, secure, and at peace.	24 I choose to be patient with myself.	25 I release tension and embrace tranquility.	26 I am capable of finding solutions to my problems.	27 I am in control of my thoughts and emotions.	28 I am calm, confident, and in control.
29 I release all worries and focus on the present.	30 I am in control of my anxiety.	31 I choose to focus on the good in my life.				
						

Anxiety is when you feel worried or nervous about something that might happen in the future. It can be really tough to handle because it feels like there's a constant sense of unease or fear hanging over you. It's like when you have a big test coming up and you can't stop thinking about it, even when you're trying to relax. When you feel anxious, it's important to remember that it's okay to feel this way and that many people experience similar feelings. It's also helpful to find ways to manage your anxiety, such as talking to someone you trust, practicing deep breathing, or engaging in activities that help you relax.