



Anxiety Quotes

Anxiety is the fat of the mind. It's that thing that slows us down, holds us back, takes space for no good reason, and has no real use.

This article is a careful selection of anxiety quotes. I've gone through hundreds of them, and these are the ones I've found most helpful and positive. And just to clarify: these are quotes about overcoming anxiety. They are for inspiration—and not make you anxious.

(To read my other selections of quotes, check out my [Best Articles](#) page. And if you want to receive quotes like these regularly in your inbox, then subscribe to my [free newsletter](#).)

Almost all of us struggle with anxiety on one level or another. Not necessarily anxiety as a mental health disorder—but the anxiety of living, which is inherent for many of us. It's a sense of restlessness, worry, or even fear.

Anxiety makes us procrastinate, avoid, and feel stuck. It undermines our sense of self-confidence, by creating self-doubt and negative stories.

The meditation masters call this the monkey mind.

The good news is this: you can instead have a monk mind. It's a happier mind. It's more calm, centered, and focused. And it's possible for you!

Anxiety Quotes

Despite the cloud of my depression and anxiety, I woke up every morning with a choice: to give up or trudge through. Trudging sucks. Giving up sucks. Sometimes life comes down to the lesser of two evils.

— Aaron Behr

Don't let your difficulties fill you with anxiety, after all it is only in the darkest nights that stars shine more brightly.

— Ali Ibn Abi Talib AS

Whatever is going to happen will happen, whether we worry or not.

— Ana Monnar

Pressure is God's way of increasing your capacity.

— Andrena Sawyer

Each morning we are born again. What we do today is what matters most.

— Buddha

If you want to conquer the anxiety of life, live in the moment, live in the breath.

— Amit Ray

Nothing is permanent in this wicked world — not even our troubles.

— Charlie Chaplin

If the mind can cause stress, the mind can alleviate it. It's within our power to choose one thought over another — to choose optimism over pessimism.

— Ernest Cadorin

We live only a few conscious decades, and we fret ourselves enough for several lifetimes.

— Christopher Hitchens

“First you must give it a name,” said the snake. “Naming a thing takes away some of its power and gives it to you instead.”

— Claire Legrand

More often than not, the thing we fear is less than half the size of the fear it creates.

— Craig D. Lounsbrough

Anxiety is the fat of the mind. Meditation is the gym.

— Giovanni Dienstmann

Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength.

— Charles Spurgeon

The anticipation of loss is much more frightening than the actual loss as anticipation leaves room for the imagination to create that which, in all likelihood, will never transpire.

— Craig D. Lounsbrough

Some situations are just like bad dreams, they're only unbearable while we're giving them our full attention.

— Curtis Tyrone Jones

It's not going to kill you. Here's the white-hot truth: if you go bankrupt, you'll still be okay. If you lose the gig, the lover, the house, you'll still be okay. If you sing off-key, get beat by the competition, have your heart shattered, get fired...it's not going to kill you. Ask anyone who's been through it.

— Danielle LaPorte

When you confront the monster you fear the most, you'll defeat your fears.

— David D. Burns

If you treat every situation as a life and death matter, you'll die a lot of times.

— Dean Smith

You don't have to control your thoughts. You just have to stop letting them control you.

— Dan Millman

To calm your anxious mind, fear not and love yourself without judgment.

— Debasish Mridha

Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.

— Dr. Seuss

What starts out as an intrusive thought can turn into an overwhelming concept if we "feed" it with more negative thinking.

— Eddie Capparucci



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You wouldn't worry so much about what others think of you if you realized how seldom they do.

— Eleanor Roosevelt

Man is not worried by real problems so much as by his imagined anxieties about real problems

— Epictetus

No one can make you feel inferior without your consent.

— Eleanor Roosevelt

Sometimes the most important thing in a whole day is the rest taken between two deep breaths.

— Etty Hillesum

People become attached to their burdens sometimes more than the burdens are attached to them.

— George Bernard Shaw

When you're feeling pressured or worried, either Produce, Pray, Work Out or just Breathe. Turn your Pressure into Power and Productivity. You got this!

— Jeanette Coron

Cleaning and organizing your personal space is a great way to take the edge off your anxiety – as long as you don't take it too far.

— Jessica Moore

Anxiety's like a rocking chair, it gives you something to do, but it doesn't get you very far.

— Jodi Picoult

Just as anxiety can feed on itself, so can courage.

— John J. Ratey

I just give myself permission to suck. I find this hugely liberating.

— John Green, author of *The Fault in Our Stars*

Calmness is the cradle of power.

— Josiah Gilbert Holland

Our anxiety does not come from thinking about the future, but from wanting to control it.

— Kahlil Gibran

Worry leads to weariness.

— Lailah Gifty Akita

The journey of a thousand miles begins with a single step.

— Lao Tzu

What worries you masters you.

— John Locke

And yet, now that years have passed, I recall my troubles and wonder that they could distress me so much. It will be the same thing, too, with this trouble. Time will go by and I shall not mind about this either.

— Leo Tolstoy

For fast acting relief, try slowing down.

— Lily Tomlin

If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.

— Martin Luther King, Jr.

Worry a little bit every day and in a lifetime you will lose a couple of years. If something is wrong, fix it if you can. But train yourself not to worry. Worry never fixes anything.

— Mary Hemingway

Is this stress I'm feeling mine, or someone else's?

— Matt Purcell

You don't have to see the whole staircase, just take the first step.

— Martin Luther King

An untamed mind is usually engaged in the pursuit of unhappiness

— Mokokoma Mokhonoana

Stress is an confused state. It believes that everything is an emergency.

— Natalie Goldberg

Procrastination is the lazy cousin of fear. When we feel anxiety around an activity, we postpone it.

— Noelle Hancock

Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.

— Ralph Waldo Emerson

Don't be pushed by your problems. Be led by your dreams.

— Ralph Waldo Emerson

An anxious heart is like a string that's out of tune.

— Naguib Mahfouz

Self-inflation and conceit are generally the external signs of inner emptiness and self-doubt; a show of pride is one of the most common covers for anxiety.

— Rollo May

Thanks to the imagination, there's no end to things in this world that can trigger anxiety.

— Ryū Murakami

It can be a good thing, too, to learn to sit in your own weirdness.

— Sarah Wilson

You're worried about what-ifs. Well, what if you stopped worrying?

— Shannon Celebi

You must learn to let go. Release the stress. You were never in control anyway.

— Steve Maraboli

Just when the caterpillar thought the world was ending, he turned into a butterfly.

— Proverb

If a problem is fixable, if a situation is such that you can do something about it, then there is no need to worry. If it's not fixable, then there is no help in worrying. There is no benefit in worrying whatsoever.

— The Dalai Lama

Do what you can, with what you've got, where you are.

— Theodore Roosevelt

Smile, breathe, and go slowly.

— Thich Nhat Hanh

People have a hard time letting go of their suffering. Out of a fear of the unknown, they prefer suffering that is familiar.

— Thich Nhat Hanh

Tomorrow will take care of itself, so take care of today.

— Tiisetso Maloma

Rule number one is, don't sweat the small stuff. Rule number two is, it's all small stuff.

— Robert Eliot

Fear is the paralyzing emotion that inhibits or restricts normal feelings of love, confidence, and well-being.

— Tim LaHaye

You can't stop the waves, but you can learn to surf.

— Jon Kabat Zinn

Anxiety is having to remind myself that being afraid of things going wrong isn't the way to make things go right.

— Unknown

Today I will not stress over things I can't control.

— Lori Deschene

Too many of us are not living our dreams because we are living our fears.

— Lee Brown

To venture causes anxiety, but not to venture is to lose one's self.

— Søren Kierkegaard

Note to self: I don't have to take this day all at once, but rather, one step, one breathe, one moment at a time. I am only one person. Things will get done when they get done.

— Unknown

Be gentle with yourself you're doing the best you can.

— Vanguard Stationery

Anxiety is one little tree in your forest. Step back and look at the whole forest.

— Unknown

Anxiety happens when you think you have to figure everything out.

— Karen Salmansohn

Worry pretends to be necessary, but serves no useful purpose.

— Eckhart Tolle

Your fear is 100% dependent on you for its survival.

— Steve Maraboli

Worrying is like walking around with an umbrella waiting for it to rain.

— Wiz Khalifa

Our anxiety does not come from thinking about the future, but from wanting to control it.

— Khalil Gibran

Slow breathing is like an anchor in the midst of an emotional storm: the anchor won't make the storm go away, but it will hold you steady until it passes.

— Russ Harris



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Worry does nothing but steal your joy and keep you very busy doing nothing.

— Unknown

No amount of anxiety makes any difference to anything that is going to happen.

— Alan Watts

There is great beauty in going through life without anxiety or fear. Half our fears are baseless, and the other half discreditable.

— Christian Nestell Bovee

Courage is resistance to fear, mastery of fear – not absence of fear.

— Mark Twain

Even if you fall on your face, you're still moving forward.

— Victor Kiam

Nothing diminishes anxiety faster than action.

— Walter Anderson

When you change the way you look at things, the things you look at change.

— Wayne Dyer

Peace is the result of retraining your mind to process life as it is, rather than as you think it should be.

— Wayne W. Dyer

Let whatever you do today be enough.

— Daniell Koepke

Difficult roads often lead to beautiful destinations. The best is yet to come.

— Zig Ziglar

If you don't like something change it; if you can't change it, change the way you think about it.

— Mary Engelbreit

When I let go of what I am, I become what I might be.

— Lao tzu

Act the way that you want to feel.

— Gretchen Rubin

What people in the world think of you is really none of your business.

— Martha Graham

Worry is a down payment on a problem you may never have.

— Joyce Meyer

To change ourselves effectively, we first had to change our perceptions.

— Stephen R. Covey

A positive attitude gives you power over your circumstances instead of your circumstances having power over you.

— Joyce Meyer

It's not stress that kills us, it is our reaction to it.

— Hans Selye

Nothing can bring you peace but yourself.

— Ralph Waldo Emerson

If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher.

— Pema Chodron

The greatest weapon against stress is our ability to choose one thought over another.

— William James

In the end, just three things matter: How well we have lived. How well we have loved. How well we have learned to let go.

— Jack Kornfield

Believe in yourself and all that you are. Know that there is something inside of you that is greater than any obstacle.

— Christian D. Larson

Every moment is a fresh beginning.

— T.S. Eliot

The man who moves a mountain begins by carrying away small stones.

— Confucius

Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless.

— Jamie Paolinetti

The way you tell your story to yourself matters.

— Amy Cuddy

I promise you nothing is as chaotic as it seems. Nothing is worth diminishing your health. Nothing is worth poisoning yourself into stress, anxiety, and fear.

— Steve Maraboli

Trust yourself. You've survived a lot, and you'll survive whatever is coming.

— Robert Tew

Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.

— Thich Nhat Hanh

Nothing in the affairs of men is worthy of great anxiety.

— Plato

Keep walking through the storm. Your rainbow is waiting on the other side.

— Heather Stillufsen

Worry often gives a small thing a big shadow.

— Swedish Proverb

Today's a perfect day for a whole new start. Let go of fear and free your mind.
It's time to open your heart.

— Chris Butler

We must be willing to let go of the life we've planned, so as to have the life
that is waiting for us.

— Joseph Campbell

He who is not everyday conquering some fear has not learned the secret of
life.

— Ralph Waldo Emerson

Stop asking: Why is this happening to me? Start asking: How might I learn &
grow from this?

— Karen Salmansohn

Everything good that has ever happened in your life happened because
something changed. So don't be so fearful of change, ok?

— Karen Salmansohn

Surrender to what is. Let go of what was. Have faith in what will be.

— Sonia Ricotte

Some of us think holding on makes us strong; but sometimes it is letting go.

— Hermann Hesse

Whatever has happened, has happened for good. Whatever is happening is
also for good. Whatever will happen, shall also be good.

— The Bhagavad Gita

When you realize how perfect everything is, you will tilt your head back and laugh at the sky.

— Buddha

It is better to travel well than to arrive.

— Buddha

Life is ten percent what you experience and ninety percent how you respond to it.

— Dorothy Neddermyer

Your Next Steps

Meditation is a wonderful practice that improves your well-being, sharpens your mind, and opens many doors. It allows you to *master your mind*, and thus *master your life*.

Meditation can help you transform yourself. It is a powerful path for overcoming anxiety, stress, and mental noise. It empowers you to be **calm**, **centered**, and **focused**.

But for that to happen, we need the **Three Pillars of Meditation**:



Figuring out and practicing these three pillars on your own can be very hard. It requires dedication, time, effort, self-discipline and patience.

But it doesn't need to be that hard. You don't need to do this all on your own.

Over the past several years I've helped *thousands* of people start, deepen and integrate a meditation practice. And I have created an online program that helps you build those three pillars gradually, with the support of a community. Check it out: [Limitless Life](https://liveanddare.com/limitless-life).

