

20 Quotes to Inspire Stress Relief

Summary: *Keep these quotes close at hand to help you calm down before you get stressed out, or de-stress you when you do.*

Most people in this day and age deal with the feeling of stress. According to the [Oxford Dictionary](#), stress is “A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.” The problem, however, is that many of us feel like we are in a state of stress almost all the time or at least once during our day. Do we really deal with such extreme circumstances every day? No, probably not.

The issue with stress is that we take whatever adversity or circumstances we’re facing and decide how they will mentally affect us. Yes, some situations are overwhelming beyond such a decision but, for the most part, you can choose whether or not you let something get to you. You can choose your attitude, how you react to others, and what really matters to you.

To help you both understand this concept as well as find a mantra or two that you can keep close at hand for the next time you feel “stressed,” here are 20 quotes that inspire stress relief.

You can do
anything
but not
everything.

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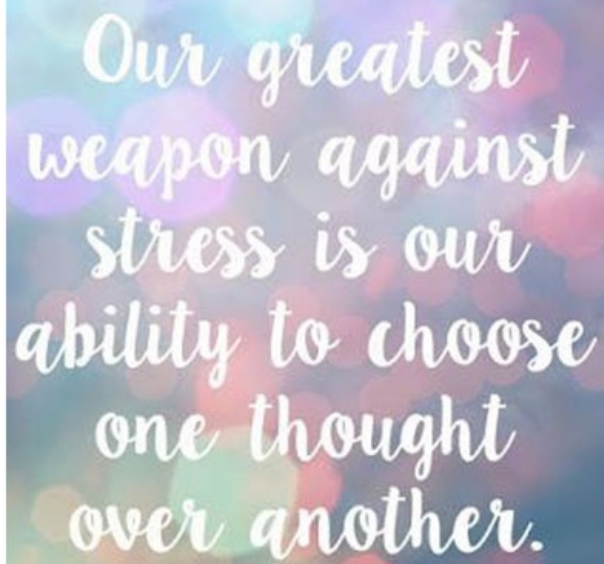
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**"WORRYING IS LIKE
A ROCKING CHAIR. IT
GIVES YOU
SOMETHING TO DO
BUT IT DOESN'T GET
YOU ANYWHERE." -
ANONYMOUS**



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

William James



(source)



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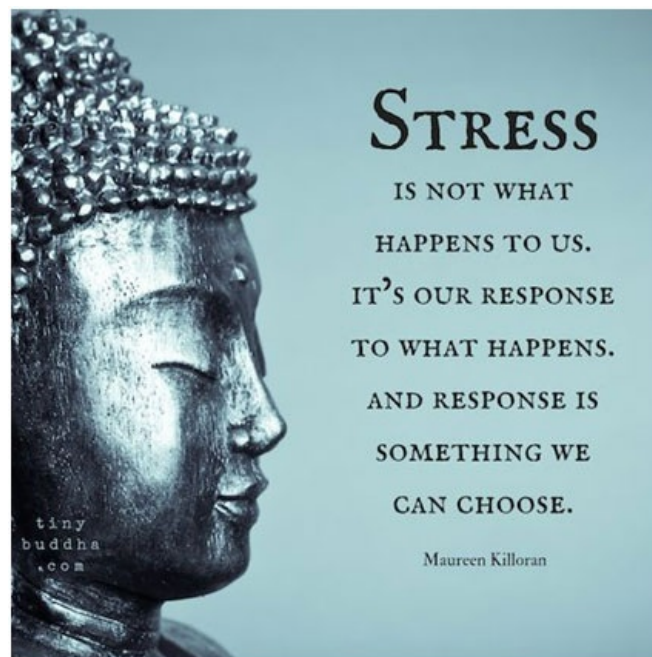
I don't have to take this day
all at once, but rather, one step,
one breath, one moment at a time.
I am only one person. Things will
get done when they get done.

tinybuddha.com

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Staying positive doesn't mean you
have to be happy all of the time.
It means that even on hard days
you know that there are better
ones coming.

Word Porn

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don't make
change too
complicated
just begin

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WHEN WE ARE NO
LONGER ABLE TO
CHANGE A
SITUATION, WE ARE
CHALLENGED TO
CHANGE
OURSELVES.

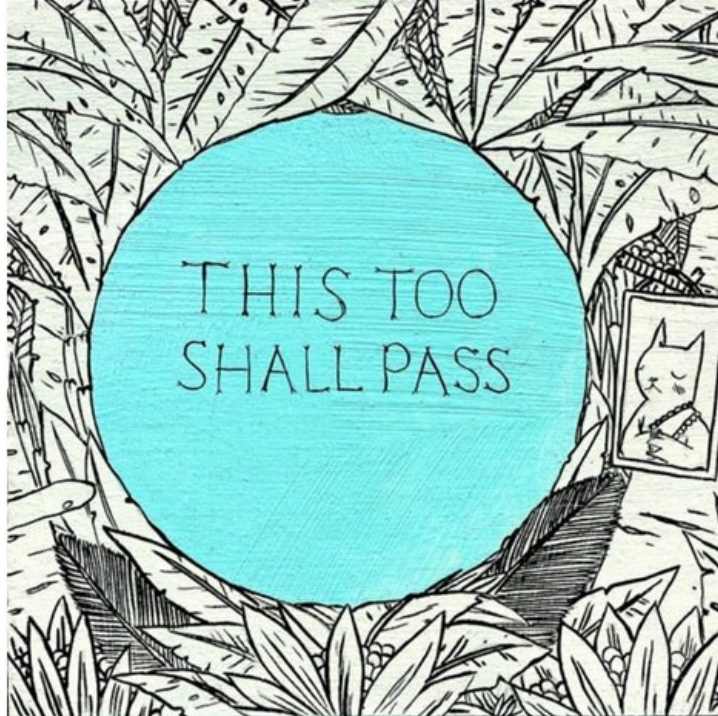
Viktor Frankl

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And then one day I decided that
hurry and stress were no longer
going to be part of my life.
Stress is self-created; I decided
to stop manufacturing it. We
can choose an internal calm and
joy even amid the chaos.

Brendon Burchard

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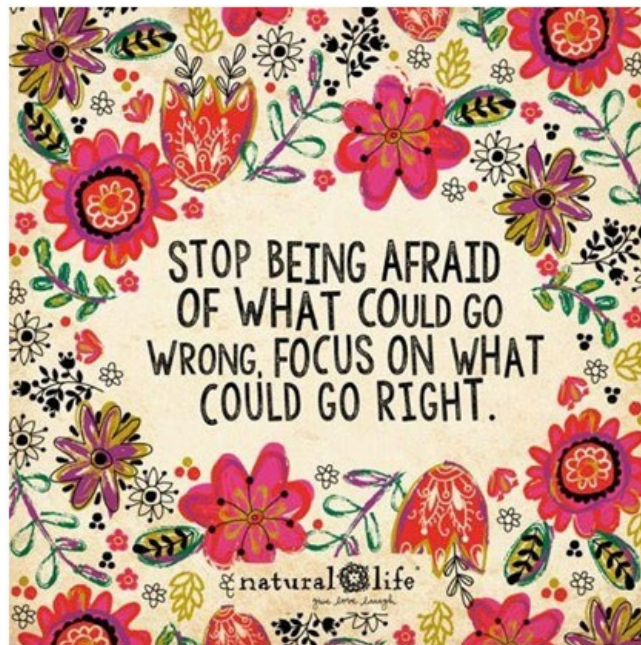
**Don't stress
the could haves.
If it should have,
it would have.**

 Curiano

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”Sometimes you have to
stop being scared and just go
for it. Either it will work out,
or it won’t. That’s life.”

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Stress, anxiety
and depression
are caused when
we are living to
please others.
-Paulo Coelho

 *The Curious Butterfly*

(source)



Stress happens
because of how
you **feel** about
experiences,
not the
experience itself.
Change the way
you view things
and stress
disappears.
How you **look** at
life is up to you.

livepurposefullynow

([source](#))

**listen
to your
intuition -
it's on
your side.**

WHOLEHEARTEDWOMAN.ORG

([source](#))

**"IF YOU WANT TO TEST
YOUR MEMORY, TRY
TO RECALL WHAT YOU
WERE WORRYING
ABOUT ONE YEAR AGO
TODAY." -E. JOSEPH
COSSMAN**



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