

I can handle  
uncertainty

my emotions do  
not reflect reality

this is not an  
emergency, it's  
okay to take  
my time

this is only  
temporary

be kind to  
yourself

what I'm feeling is  
a normal human  
emotion and it  
will pass

I can handle  
discomfort - this  
too shall pass

my disproportionate  
response to stress is  
not my fault, I will  
not beat myself up  
for feeling this way