

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