

# 15 Soothing Mindfulness Quotes That Will Calm Your Anxious Feelings

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## Do You Have Anxiety?

Anxiety is becoming a big problem for people in America. According to most [recent estimates](#), anxiety Disorders affect 18.1 percent of adults in the United States (approximately 40 million adults between the ages of 18 to 54).

If you're suffering from anxiety: don't worry, you're not alone. Below, I've selected the most powerful and enlightening quotes to help you soothe your anxiety:

- 1) *"If you obsess over whether you are making the right decision, you are basically assuming that the universe will reward you for one thing and punish you for another. The universe has no fixed agenda. Once you make any decision, it works around that decision. There is no right or wrong, only a series of possibilities that shift with each thought, feeling, and action that you experience."* – Deepak Chopra
- 2) *"Smile, breathe, and go slowly."* – Thich Nhat Hanh

- 3) *"Let yourself be open and life will be easier. A spoon of salt in a glass of water makes the water undrinkable. A spoon of salt in a lake is almost unnoticed."* – Buddha
- 4) *"If you gathered up all the fearful thoughts that exist in the mind of the average person, looked at them objectively, and tried to decide just how much good they provided that person, you would see that not some but all fearful thoughts are useless. They do no good. Zero. They interfere with dreams, hopes, desire and progress."* – Richard Carlson
- 5) *"As a doctor, let me tell you what self-love does: It improves your hearing, your eyesight, lowers your blood pressure, increases pulmonary function, cardiac output, and helps wiring the musculature. So, if we had a rampant epidemic of self-love then our healthcare costs would go down dramatically. So, this isn't just some little frou-frou new age notion, oh love yourself honey. This is hardcore science."* – Dr. Christiane Northrop
- 6) *"You can only lose what you cling to."* – Buddha
- 7) *"When I let go of what I am, I become what I might be. When I let go of what I have, I receive what I need."* – Tao Te Ching
- 8) *"Be soft. Do not let the world make you hard. Do not let pain make you hate. Do not let the bitterness steal your sweetness. Take pride that even though the rest of the world may disagree, you still believe it to be a beautiful place."* – Kurt Vonnegut
- 9) *"People tend to dwell more on negative things than on good things. So the mind then becomes obsessed with negative things, with judgments, guilt and anxiety produced by thoughts about the future and so on."* – Eckhart Tolle

10) *“One of the best pieces of advice I ever got was from a horse master. He told me to go slow to go fast. I think that applies to everything in life. We live as though there aren’t enough hours in the day but if we do each thing calmly and carefully we will get it done quicker and with much less stress.” – Viggo Mortensen*

11) *“It is not a daily increase, but a daily decrease. Hack away at the inessentials.” – Bruce Lee*

12) *We can easily manage if we will only take, each day, the burden appointed to it. But the load will be too heavy for us if we carry yesterday’s burden over again today, and then add the burden of the morrow before we are required to bear it.” – John Newton*

13) *Doing something that is productive is a great way to alleviate emotional stress. Get your mind doing something that is productive.” – Ziggy Marley*

14) *When I look back on all these worries, I remember the story of the old man who said on his deathbed that he had had a lot of trouble in his life, most of which had never happened.” – Winston Churchill*

15) *In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.” – Fred Rogers*

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