

# Inspiring Thoughts

Sometimes it just takes a simple quote or thought to help move us in a new direction. Below is a collection of quotes that we hope you'll find helpful.

A pause by nature is time limited. We resume our activities, but we do so with increased presence and more ability to make choices. When we pause, we don't know what will happen next. But by disrupting our habitual behaviors—anxieties, obsessions—we reconnect with the present moment and open to the possibility of new and creative ways of responding.  
—Tara Brach, Ph.D.

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

You achieve balance not by pushing against your body, but by following its lead.  
—Terry Trespicio

Don't stumble  
over something  
behind you.

When you're a worrier, everything can feel like an emergency. But notice this about all your anxious arousal: It's temporary. Every feeling of panic comes to an end, every concern eventually wears itself out. Ask yourself, "How will I feel about this in a week or a month?" This one, too, really will pass." —Robert Leahy, Ph.D.

Mindfulness brings us to the present. In the present we can acknowledge our anxieties without judgment. By doing so we are able to befriend our anxieties. "Give yourself permission to begin again. We can always, always, always begin again. Every moment is new."  
—April Hadley, ARC presenter

You're only human. You don't have to have it together every minute of every day.  
—Anne Hathaway

Peace is an early meditative experience. Peace, like a weightless waterfall, cleanses the mind of all anxiety and care, bestowing heavenly relief. —Paramahansa Yogananda

Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained. —Arthur Somers Roche

Worry gives a small thing a big shadow. —Swedish Proverb

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

