

Stress-Less Slogans

<p><i>I may not be able to control the situations around me, but I CAN CONTROL how I feel about it and how I respond.</i></p> <p>- Ascend Network</p>	<p><i>When I feel overwhelmed, I remind myself that I AM capable, confident, strong, and I AM ENOUGH.</i></p> <p>- Ascend Network</p>
<p><i>Within me I have the strength to accomplish anything I put my mind to, all I have to do is breathe.</i></p> <p>- Ascend Network</p>	<p><i>When someone is short with me, I remind myself that we all have ‘stuff’ we’re dealing with, so I send that person blessings of love.</i></p> <p>- Ascend Network</p>
<p><i>If I feel frustrated, unappreciated, or dismissed, I change my perspective by bringing to mind my favorite happy memory and giving myself a hug.</i></p> <p>- Ascend Network</p>	<p><i>My belief shapes my perspective, and I believe I am worthy!</i></p> <p>- Ascend Network</p>
<p><i>I AM recognized and appreciated for my efforts. I value myself and always seek ways to provide positive value for others.</i></p> <p>- Ascend Network</p>	<p><i>No matter how bad things may seem, laughter has a way of always healing my heart.</i></p> <p>- Ascend Network</p>
<p><i>Our perspective shapes how we experience our environment; today I choose my perspective of ‘Everything always works out for me’.</i></p> <p>- Ascend Network</p>	<p><i>No matter what situation presents for me today, I know I possess the SKILLS and the CONFIDENCE to navigate through the uncertainty and EXPAND beyond my emotions.</i></p> <p>- Ascend Network</p>

Cut out your favorite slogans and use them to de-stress

ASCEND NETWORK SLOGANS to help cope with STRESS