**Quotes on Beating Stress**

A 113-year-old man, when asked the secret of his longevity, replied, “When it rains, I let it.”—Author Unknown

The truth is that stress doesn’t come from your boss, your kids, your spouse, traffic jams, health challenges, or other circumstances. It comes from your thoughts about these circumstances.

—Andrew Bernstein

Believing that you must do something perfectly is a recipe for stress, and you’ll associate that stress with the task and thus condition yourself to avoid it. —Steve Pavlina

For fast-acting relief, try slowing down.—Lily Tomlin

If you focus on the negative in any situation, you can expect high stress levels. However, if you try to see the good in a situation, your stress levels will greatly diminish.—Catherine Pulsifer

It makes no sense to worry about things you have no control over, because there’s nothing you can do about them, and why worry about things you do control? The activity of worrying keeps you immobilized.—Wayne Dyer

Keep your sense of humor. There’s enough stress in the rest of your life to let bad shots ruin a game you’re supposed to enjoy.—Amy Alcott

Our anxiety does not empty tomorrow of its sorrow, but only empties today of its strength.—Charles Spurgeon

Stress believes that everything is an emergency.—Natalie Goldberg

Stress is not what happens to us. It’s our response to what happens. And response is something we can choose. —Maureen Killoran

Stress is the trash of modern life—we all generate it—but if you don’t dispose of it properly, it will pile up and overtake your life.—Terri Guillemets

Take rest; a field that has rested gives a bountiful crop.—Ovid

Tension is who you think you should be. Relaxation is who you are. —Chinese Proverb

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

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Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health. —Paul E. McGhee, Ph.D.