

## Mental Health and Wellness Quotes

“Each one of us is more than the worst thing we've ever done.” - Sheryl Sandberg

“If your heart is broken, make art with the pieces.” – Shane Koyczan

“Do not judge me by my success, judge me by how many times I fell down and got back up again.” – Nelson Mandela

“I can be changed by what happens to me. But I refuse to be reduced by it.” – Maya Angelou

“Why fit in when you were born to stand out?” Dr. Seuss

“Imperfections are not inadequacies; they are reminders that we're all in this together.”- Brene Brown

“Self-respect is the root of discipline: The sense of dignity grows with the ability to say no to oneself.” — Abraham Joshua Heschel

“The privilege of a lifetime is being who you are.” -Joseph Campbell

“Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.” - Fred Rogers

“Promise me you'll always remember — you're braver than you believe, and stronger than you seem, and smarter than you think.” - Christopher Robin from Winnie the Pooh

“For there is always a light, if only we are brave enough to see it, if only we are brave enough to be it.” - Amanda Gorman

“You, yourself, as much as anybody in the entire universe, deserve your love and affection.” - Buddha

“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.” - Thich Nhat Hanh

“Sometimes the bravest and most important thing you can do is just show up.”- Brene Brown

“To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself. ” – Thich Nhat Hanh

“Believe you can and you're halfway there.” – Theodore Roosevelt