

Wellness Quotes

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

“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

“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*

“Life doesn’t make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all.” — *Erik Erikson*

“There is a crack in everything, that’s how the light gets in” — *Leonard Cohen*

“*Deep breathing is our nervous system’s love language.*” — *Dr. Lauren Fogel Mersy*

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

“Self-care is not selfish or self-indulgent. We cannot nurture others from a dry well. We need to take care of our own needs first, so that we can give from our surplus, our abundance. When we nurture others from a place of fullness, we feel renewed instead of taken advantage of.”

—Jennifer Loudon

“Fight for the things that you care about, but do it in a way that will lead others to join you.” - Ruth Bader Ginsburg

"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



General Encouraging Words:

“You are capable.”

“I believe in you!”

“You’ve got this.”

“Let’s try it together.”

“You are enough.”