

# 21 MESSAGES FOR SOMEONE STRUGGLING WITH ANXIETY

When you're having a rough moment, a rough hour or an entire anxiety ridden day, one friendly reminder may help turn it all around, or at least remind you that you're not alone. To find out what people who live with anxiety need to hear in tough moments, we asked our Mighty readers who live with anxiety to tell us one text message they'd love to receive when they're feeling overwhelmed.

If you have a friend or loved one who lives with anxiety, this may be exactly what they need to hear right now:

1. "I'm always here for you if you need to talk."
2. "How can I help?"
3. "Just wanted to let you know you're not alone in this."
4. "Thinking of you."
5. "I believe in you. You can and will get through this."
6. "You won't feel this way forever. I promise."
7. "I love you...anxiety and all."
8. "Want me to come over and hang out?"
9. "It's not your fault."
10. "You are and will always be enough."
11. "I'm bringing dinner."
12. "I'll always be there for you."
13. "You're safe."
14. "Remember to take a break!"
15. "You're not imagining this."
16. "There's a Netflix episode and a delicious meal waiting for you at home."
17. "Do you need a break?"
18. "Take your time to feel OK. The universe will wait for you."
19. "No matter what, know I love you regardless."
20. "I'll come over and sit with you if you'd like."
21. "You are stronger than anything you are afraid of."