

# Liz Miller

## Quotes

*Thinking, Beautiful, People, Keys, Yoga, Exercise, Anxiety, Choices, Habit, Add, Cancer, Feel Better, Way, Lying, Heart, Jobs, Hard Times, Needs, Can Do, Pain*

Almost all negative moods are missing one key element - calm. By learning calm, you learn to deal with difficult areas. Calm allows us to achieve what we want, without being overwhelmed by anxiety.

~Liz Miller

Uncertainty causes more anxiety than perhaps any other single factor.

~Liz Miller

I think it's a really sad situation when I have to lie to my doctor about what I need a medication for.

~Liz Miller

I don't think people should be running to get in the fund before it closes, ... lots of ways to get participation.

~Liz Miller

As you focus on calming your breathing, your anxiety will quickly reduce and you will start to think clearly again. This is especially important if you feel a panic attack coming on.

~Liz Miller

The regular rhythm and upbeat tunes of military music or marching bands positively affect your mood even if you don't actually 'enjoy' listening to it.

~Liz Miller

People like to help, providing they can do it reasonably easily

~Liz Miller

Friends and family matter most during hard times.

~Liz Miller

Many of our threats are imaginary. The habits and even obsessions that we develop to keep them away are destructive and undermine our

moods constantly.

~Liz Miller

Ignoring a problem does not make it go away. In fact, it can simmer away beneath the surface and lead to poor mood and energy levels, and can also cause your moods to become unstable.

~Liz Miller

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