

Nikki DeLoach

Quotes

*Years, Want, Exercise, Family And Friends, Cutting, Feels, Support Systems,
Remember, Negative, Support, New York, Essentials, Really Great, Meditation,
Art, Done, Stress, Guilty, Grows, Helpful*

Finally, be kind to yourself and have a good support system.

~Nikki DeLoach

I cannot stress the importance of pausing to take a few deep breaths throughout the day. It's simple and effective.

~Nikki DeLoach

Reminding myself of all that I have to be thankful for really helps ground me and keeps me from tipping over into that negative place.

~Nikki DeLoach

I feel most alive when I'm surrounded by family and friends, and when I am working.

~Nikki DeLoach

Be kind to yourself and to others. Treat others the way you would want to be treated. I was told that every day of my childhood.

~Nikki DeLoach

I'm inspired by it all - the good and the not so good - because every experience is an opportunity for me to learn, grow, and become the best version of myself.

~Nikki DeLoach

I've done a lot of bad TV and bad movies. I've also done some really great things.

~Nikki DeLoach

Everybody remembers what it's like to be in high school. We really never leave those years behind.

~Nikki DeLoach

Going for a walk is always helpful for me. I also love gratitude exercises.

~Nikki DeLoach

Meditation has really helped with keeping my center.

~Nikki DeLoach

No matter what, I find that surrendering is essential.

~Nikki DeLoach

I have a skill set that often helps me get through hurtful moments or experiences. However, sometimes when the pain cuts really deep, my normal go-to exercises just won't work.

~Nikki DeLoach

My biggest vulnerability now is my son, Hudson. I am often plagued with fear: Is he ok? Is he safe? I'm in the process of trying to work through this fear. It's a hard one.

~Nikki DeLoach

I actually have a lot of guilty pleasures.

~Nikki DeLoach

If I wasn't an actress I'd definitely want to do something in the arts and something that was very creative.

~Nikki DeLoach

Related Links:

- Years Quotes
- Want Quotes
- Exercise Quotes
- Family And Friends Quotes
- Cutting Quotes
- Feels Quotes
- Support Systems Quotes
- Remember Quotes
- Negative Quotes
- Support Quotes
- New York Quotes
- Essentials Quotes
- Really Great Quotes
- Meditation Quotes
- Art Quotes
- Done Quotes
- Stress Quotes
- Guilty Quotes
- Grows Quotes
- Helpful Quotes