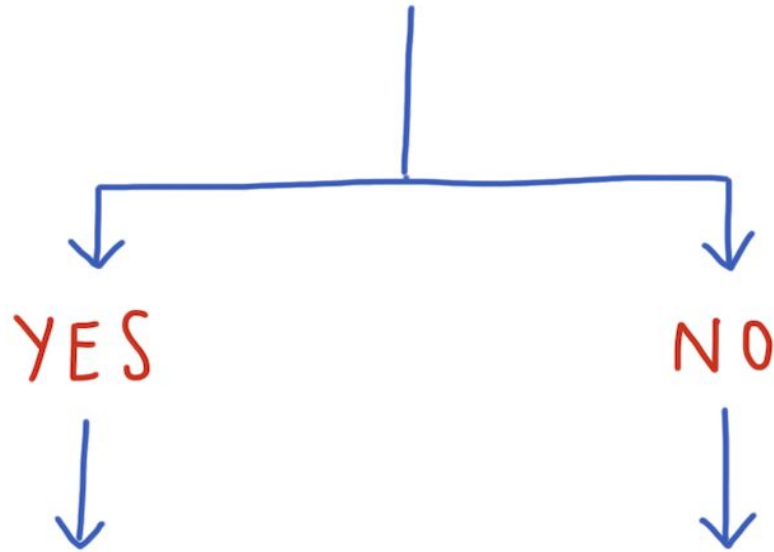


Susan  
Stewart  
comedian | author | speaker



# An Anxiety Flowchart:

DID SOMETHING GOOD HAPPEN?



WORRY THAT NOTHING GOOD  
WILL EVER HAPPEN AGAIN



Beware of  
“negative fortune telling”.

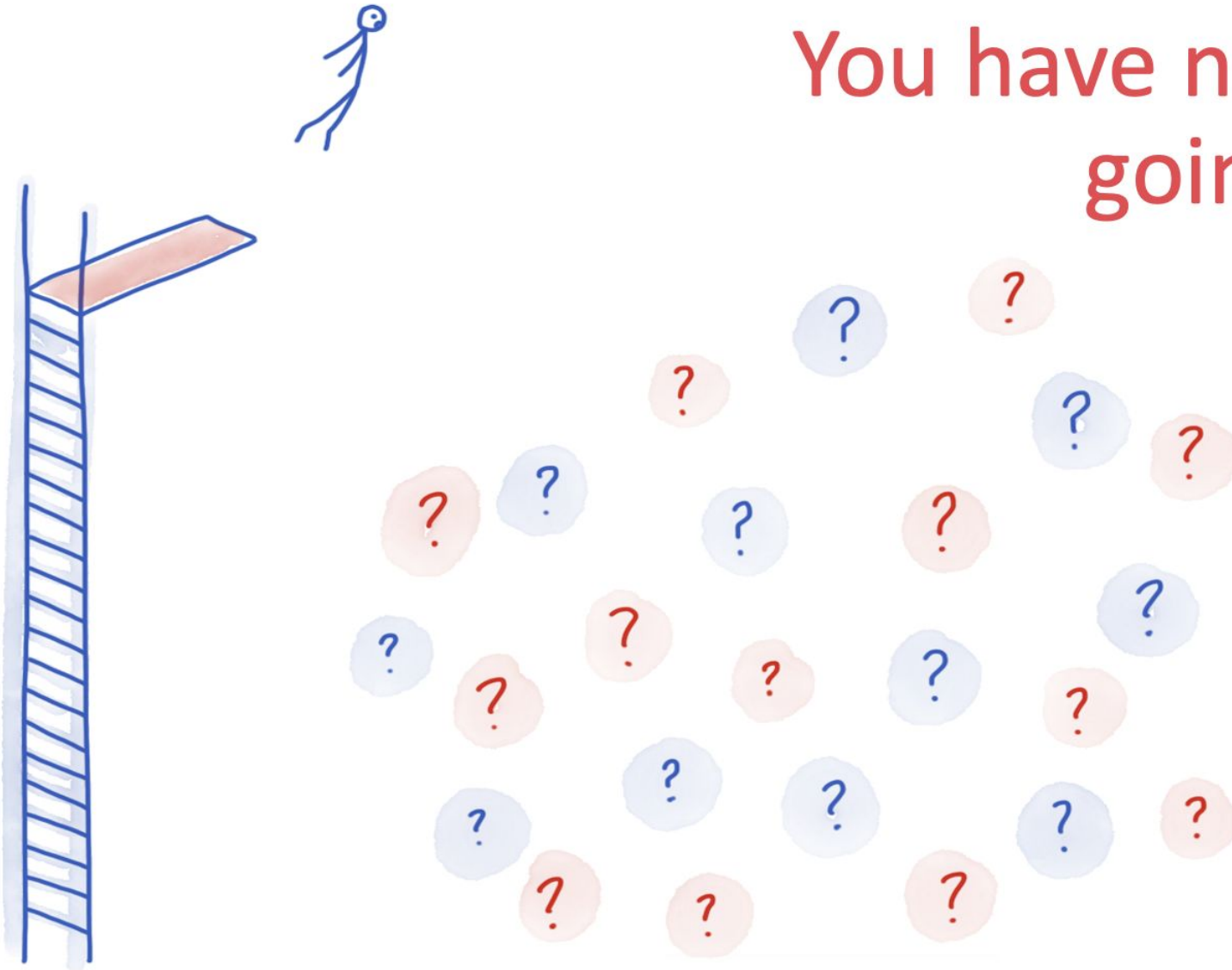
(Just because you think something,  
doesn't mean it's true.)



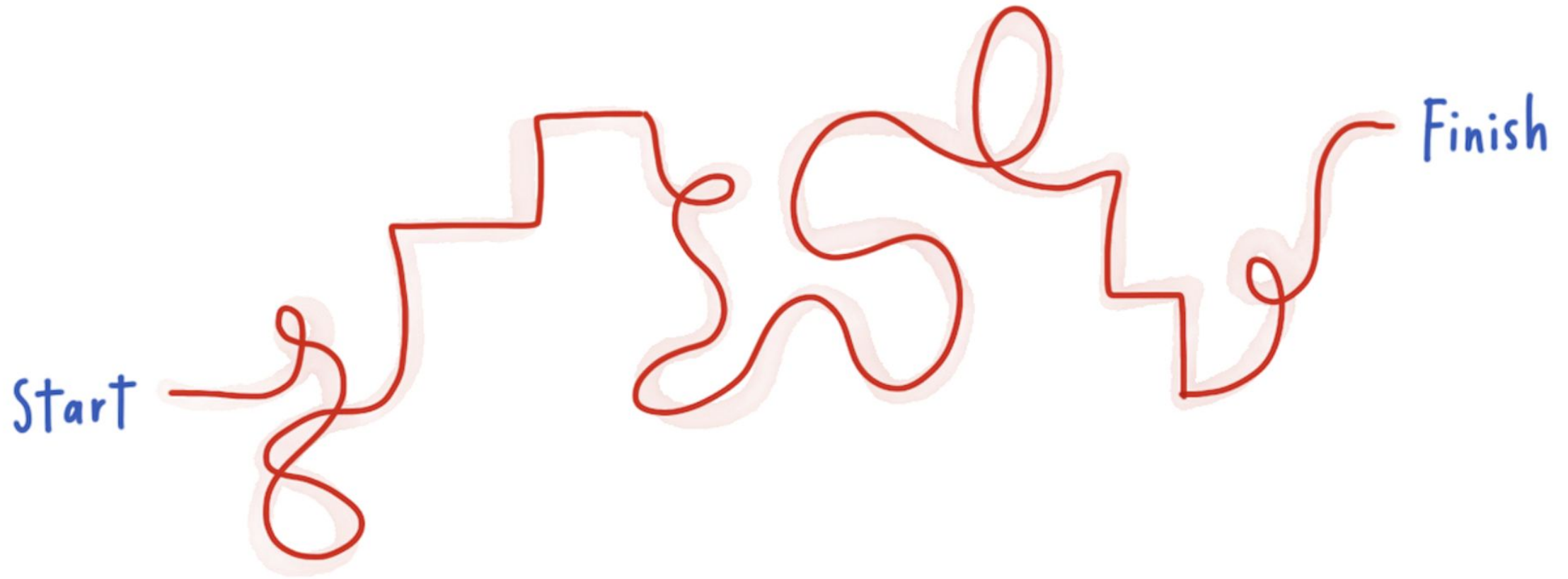
Oh these tights are too tight,  
I think I'm going to die!

**ANXIETY GIRL**  
able to jump to the worst  
conclusion in a single bound!!

The future is unknown.  
You have no idea what's  
going to happen.



Life will almost  
always surprise you.



## How it feels



## What's Possible



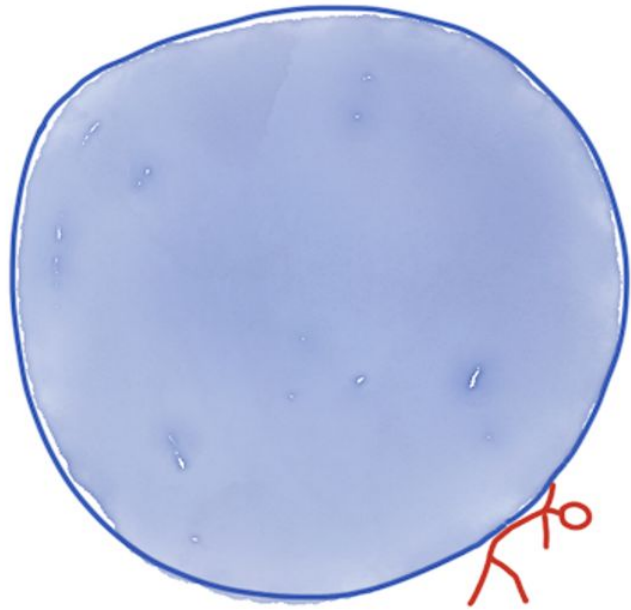
If it's out of your hands  
then it deserves freedom  
from your mind too.



Tragedy + Time  
=  
COMEDY

Right now, it's like this.

# A Really Hard Thing



How it Feels  
Right Now



How it Will Feel  
in a Few Months



How it Will Feel  
in a Few Years

"Every storm runs out of rain."

- Maya Angelou

Discomfort is the price of admission to a meaningful life.



AUTHOR OF THE INTERNATIONAL BESTSELLER THE WILLPOWER INSTINCT

**KELLY MCGONIGAL, PH.D.**

**THE  
UPSIDE  
OF  
STRESS**

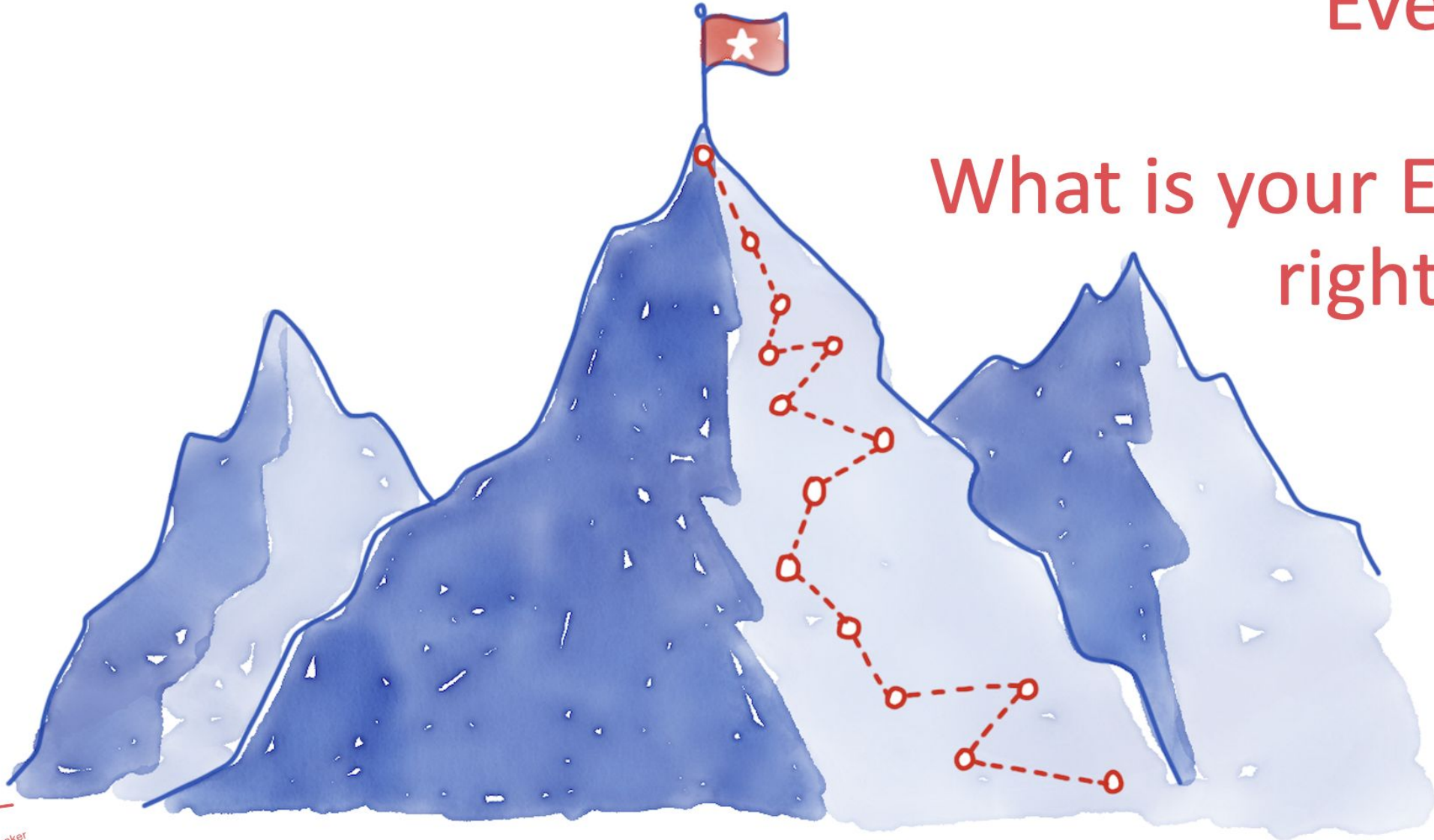
**WHY STRESS IS GOOD FOR YOU,  
and HOW TO GET GOOD AT IT**

*Susan Stewart*  
comedian | author | speaker

@susanistewart

What have been your  
Everests?

What is your Everest  
right now?



# Percentage of tough days you have survived:



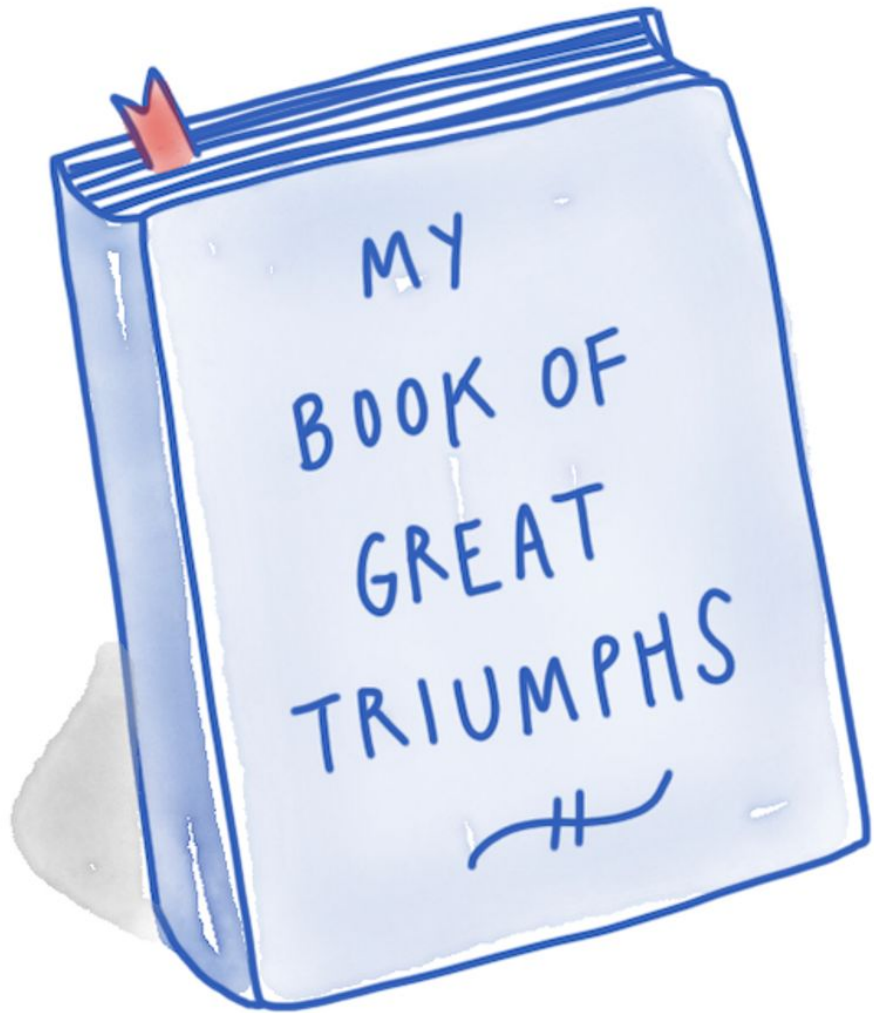
← This indicates  
you can do  
hard things.

When You Think:



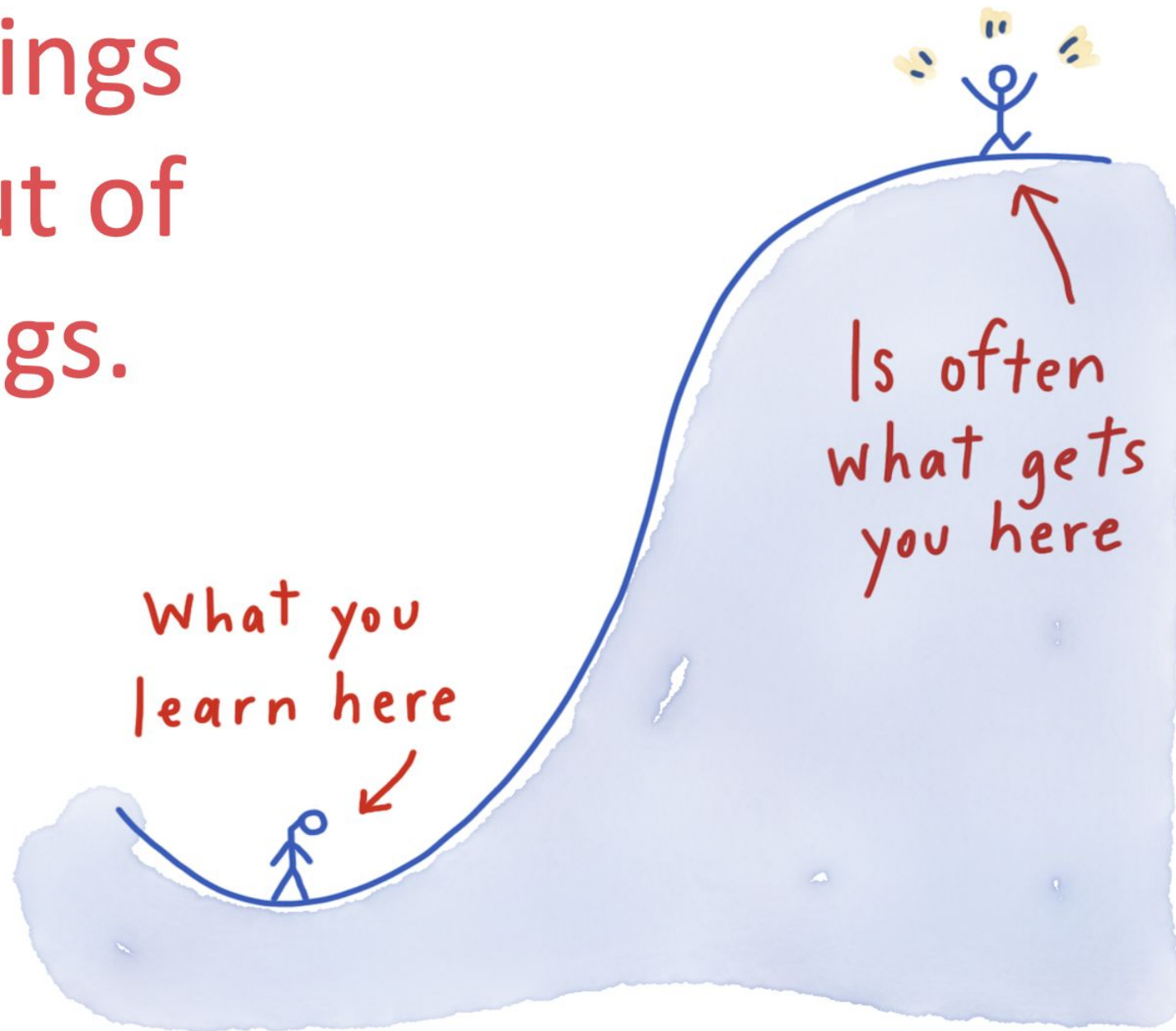
Remind Yourself:





Gain confidence from  
where you have been  
and apply it to where  
you are going.

Good things  
come out of  
bad things.



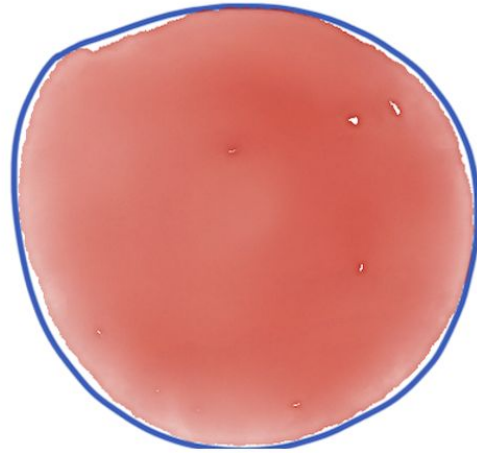


LIVE WELL  
LAUGH LOTS...

A CRASH COURSE IN  
BUILDING A

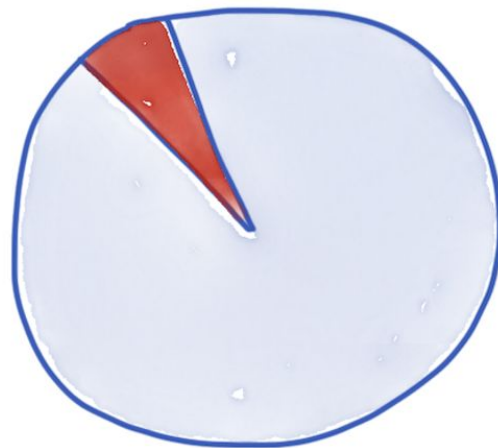
HEALTHY WORK DAY

What it Seemed Like:



■ THE END OF THE WORLD

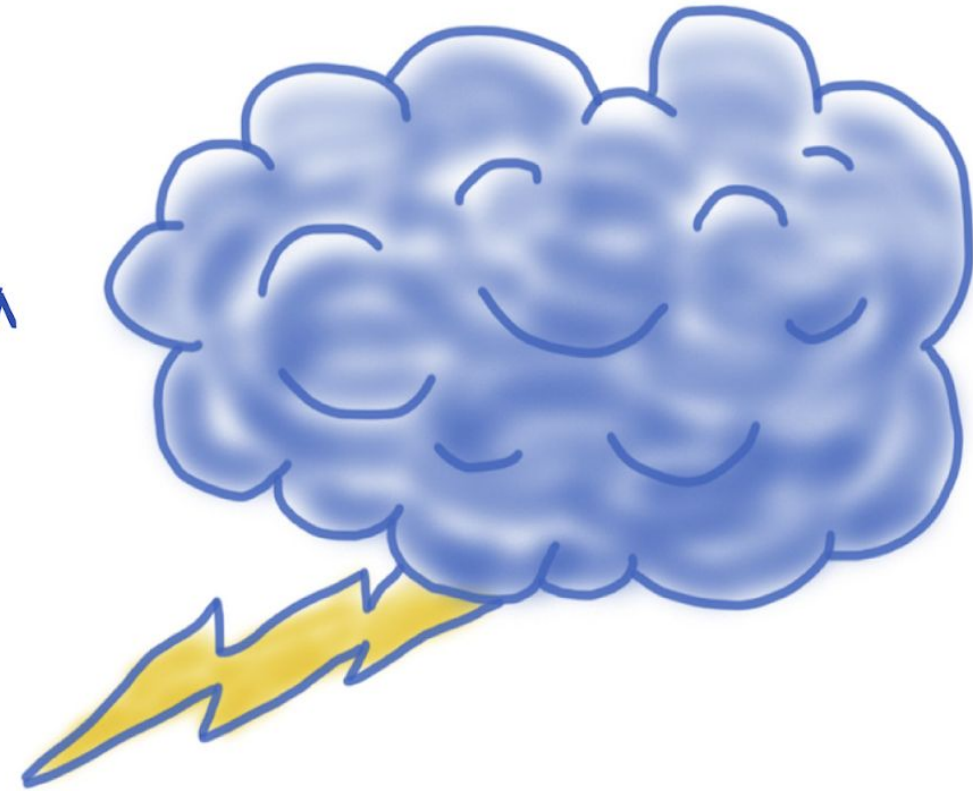
What it Was:



■ UNPLEASANT  
■ BIG PLOT TWIST (pew!)

# When a storm rolls in, remember...

- Life will almost always surprise you
- Tragedy + Time = Comedy
- Discomfort is the price of admission to a meaningful life
- You can do hard things
- Good things come out of bad things



# SUSAN STEWART

## relentless



Available on  
**iTunes**



**Spotify**



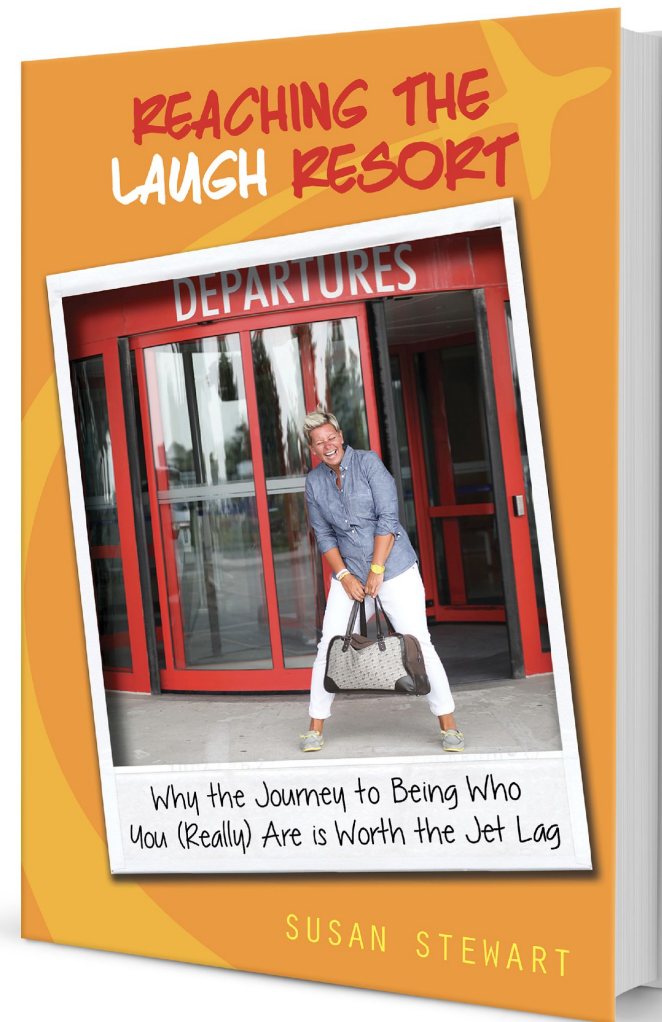
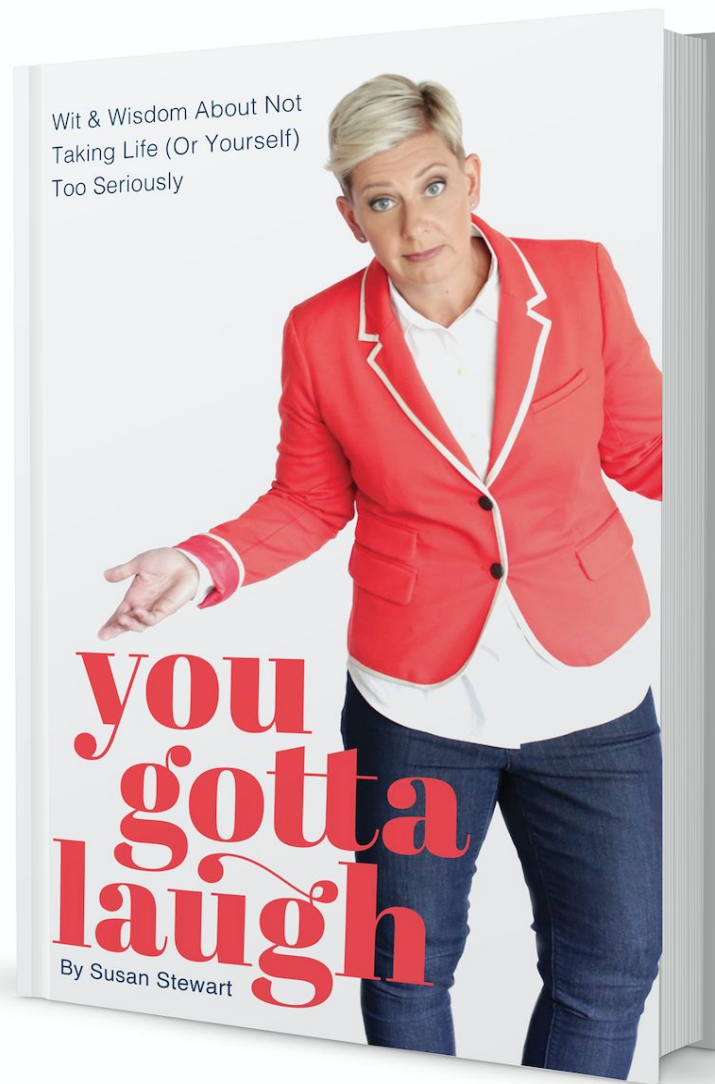
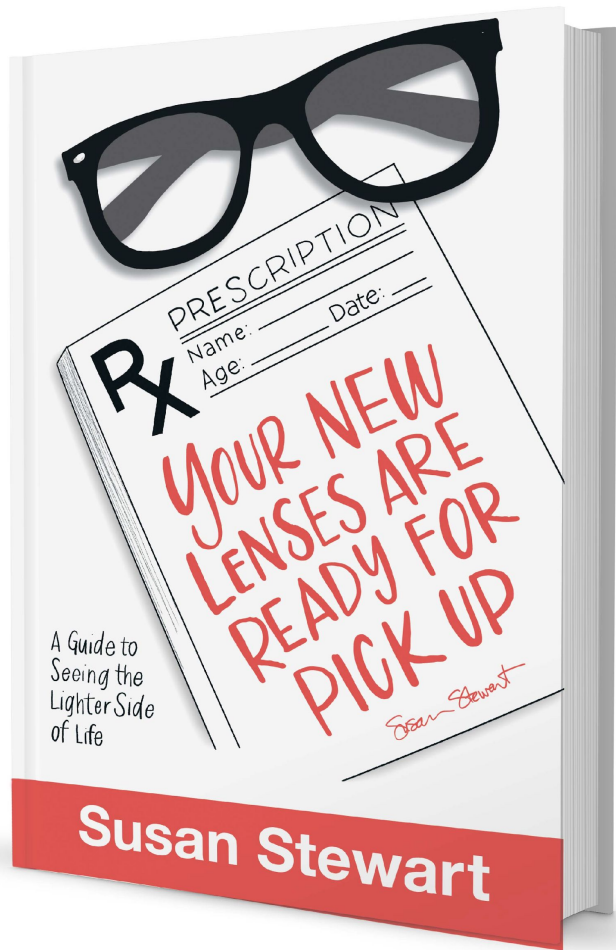
Still a

# HOT MESS

Available on  
iTunes

Spotify





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comedian | author | speaker



[susanstewart.ca](http://susanstewart.ca)



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