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Let's Talk About
MENTAL HEALTH

100 Quotes

for better mental health

A collection of reflection quotes from the first
100 episodes of the Let's Talk About Mental Health
podcast by Jeremy Godwin

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Hi!

I'm Jeremy Godwin, and I like to talk. I like to talk *a lot*. But specifically, I like to talk about mental health... which is why I started a podcast called *Let's Talk About Mental Health* in October 2019 (see what I did there?!).

During the first two years of my podcast I've had the privilege of reaching listeners in over 150 countries and my podcast has been played more than 590,000 times (as at 17 October 2021) which is kind-of mind-blowing when you consider that it's an independent show written, hosted and produced by myself. I've also added on a weekly YouTube show, Better Mental Health, which launched in January 2021 and continues to grow.

One of the main things I do in my podcast each week is to finish up by sharing a quote about the episode's topic, and I encourage listeners to take a few moments to really reflect on it and consider what it means to them. To celebrate the first 100 episodes of my podcast, I've collated all of those reflection quotes into this free eBook for you to review and reflect on at your own leisure.

For more content, check out [my weekly podcast here](#) and my [YouTube channel here](#), plus you can [find me on Instagram @ltamentalhealth](#) (FYI I also have a [second Instagram account, @jeremygodwinofficial](#), where I share broader content about my work). Thanks for downloading this eBook and I hope you enjoy it!

Jeremy :)



For more about me and my work, visit:
www.letstalkaboutmentalhealth.com.au

A word about quotes and reflection

The art of reflection refers to taking the time to give something serious thought and consideration. I have been using quotes in my work (both my personal writing and also leadership development work that I used to do in the early 2000's) for a while now, however I'm well aware that there are a ridiculous number of cheesy/fake quotes floating around these days, especially on social media or on those cheap typography signs you can buy for your wall from discount stores.

If that works for you, then I have no right to judge, but I am also going to point out that slapping a 'Live, Laugh, Love' sign on your wall doesn't automatically make you a better person — an inspirational quote does nothing if you don't reflect on it and really consider how you can apply it to your life/situation... because if nothing changes, then nothing changes.

Growth is a daily focus and it requires you to dig deep in order to really confront those elements of yourself which might not be in your best interests, and then it calls on you to do something about them.

So my point is this – don't expect a quote to be useful unless you're prepared to take the time to give it serious thought and consideration, and to apply what you learn about yourself in the process in order to grow.

And I mentioned 'fake' quotes, which are a particular bug-bear of mine. I check the source of all quotes that I use in my work (Quote Investigator is a great tool) plus I have a very dog-eared book that I picked up 15+ years ago which is full of quality quotes, in case you were wondering where I get them from.

With all that said (rant over!), here's are a series of quotes from my first 100 episodes that I particularly love and which I'd like to encourage you to reflect on. Enjoy!

The quotes

Episode 1

Let's Talk About... Resetting

“We must always change, renew, rejuvenate ourselves; otherwise, we harden.”

Johann Wolfgang von Goethe

Episode 2

Let's Talk About... Mistakes

“If you fell down yesterday, stand up today.”

H.G. Wells

Episode 3

Let's Talk About... Priorities

“Action expresses priorities.”

Gandhi

Episode 4

Let's Talk About... Overthinking

“When I look back on all these worries I remember the story of the old man who said on his deathbed that he had had a lot of trouble in his life, most of which never happened.”

Winston Churchill

Episode 5

Let's Talk About... Taking Chances

“Risk! Risk anything! Care no more for the opinions of others, for those voices. Do the hardest thing on earth for you. Act for yourself. Face the truth.”

Katherine Mansfield

Episode 6

Let's Talk About... Self Care

“Sometimes the most important thing in a whole day is the rest we take between two deep breaths.”

Etty Hillesum

Episode 7

Let's Talk About... Baggage

“Experience is a hard teacher because she gives you the test first, the lesson afterwards.”

Vernon Sanders Law

Episode 8

Let's Talk About... Stress

“Rule number one is, don't sweat the small stuff. Rule number two is, it's all small stuff.”

Robert Eliot

Episode 9

Let's Talk About... Self Talk

“It's not what we say out loud that really determines our lives. It's what we whisper to ourselves that has the most power.”

Robert Kiyosaki

Episode 10

Let's Talk About... Fear

“Fear is a question. What are you afraid of and why? Our fears are a treasure house of self knowledge if we explore them.”

Marilyn French

Episode 11

Let's Talk About... The Holidays

“Be kind whenever possible. It is always possible.”

Dalai Lama

Episode 12

Let's Talk About... Reflection

“Life can only be understood backwards; but it must be lived forwards.”

Søren Kierkegaard

Episode 13

Let's Talk About... New Beginnings

“The beginning is always today.”

Mary Wollstonecraft Shelley

Episode 14

Let's Talk About... Balance

“Life is like riding a bicycle.
To keep your balance you must
keep moving.”

Albert Einstein

Episode 15

Let's Talk About... Loneliness

“Always remember that you are
not the only one who has ever
felt rejected, unloved and lonely
at some time. Reach out and help
someone else in trouble, and you
could be amazed at the changes
in yourself - and your life!”

Anonymous

Episode 16

Let's Talk About... Accountability

“None of us is responsible for all
the things that happen to us, but
we are responsible for the way we
react to them.”

Anonymous

Episode 17

Let's Talk About... Hope

“Of all the forces that make for a
better world, none is so
indispensable, none so powerful
as hope. Without hope [we are]
only half alive.”

Charles Sawyer

Episode 18

Let's Talk About... Burnout

“Burnout is not about giving
too much of yourself. It's about
trying to give what you do not
possess.”

Anonymous

Episode 19

Let's Talk About... Family

“Nothing other people do is because of you. It is because of themselves.”

Don Miguel Ruiz

Episode 20

Let's Talk About... Purpose

“The purpose of life is to matter
— to count, to stand for something, to have it make some difference that we lived at all.”

Leo Rosten

Episode 21

Let's Talk About... Opinions

“Kind words can be short and easy to speak, but their echoes are truly endless.”

Mother Teresa

Episode 22

Let's Talk About... Regrets

“To regret one’s own experiences is to arrest one’s own development. To deny one’s own experiences is to put a lie into the lips of one’s own life. It is no less than a denial of the soul.”

Oscar Wilde

Episode 23

Let's Talk About... Resilience

“When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.”

Henry Ford

Episode 24

Let's Talk About... Panic

“Nothing can bring you peace but yourself.”

Ralph Waldo Emerson

Episode 25

Let's Talk About... Uncertainty

“Make the best use of what is in your power, and take the rest as it happens.”

Epictetus

Episode 26

Let's Talk About... Grief

“There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, of unspeakable love.”

Dr. Johnson

Episode 27

Let's Talk About... Recovery

“We learn from experiences, both good and bad, and with that knowledge comes change... and growth.”

Anonymous

Episode 28

Let's Talk About... Feelings

“Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth.”

Marcus Aurelius

Episode 29

Let's Talk About... Habits

“Cultivate only the habits that you are willing should master you.”

Elbert Hubbard

Episode 30

Let's Talk About... Identity

“Know, first, who you are, and then adorn yourself accordingly.”

Epictetus

Episode 31

Let's Talk About... Mindset

“In the middle of difficulty
lies opportunity.”

Albert Einstein

Episode 32

Let's Talk About... Letting Go

“Whatever has happened to you
in your past has no power over
this present moment, because
life is now.”

Oprah Winfrey

Episode 33

Let's Talk About... Support

“Anything is possible when you
have the right people there to
support you.”

Misty Copeland

Episode 34

Let's Talk About... Addiction

“Recovery is not for people
who need it, it's for people
who want it.”

Unknown

Episode 35

Let's Talk About... Insecurity

“To be yourself in a world that is
constantly trying to make you
something else is the greatest
accomplishment.”

Ralph Waldo Emerson

Episode 36

Let's Talk About... Acceptance

“Not everything that is faced can
be changed. But nothing can be
changed until it is faced.”

James Baldwin

Episode 37

Let's Talk About... Growth

“Be not afraid of growing slowly.
Be afraid of standing still.”

Chinese proverb

Episode 38

Let's Talk About... Relationships

“Love is supposed to lift you up,
not hold you down. It is supposed
to push you forward, not hold
you back.”

Unknown

Episode 39

Let's Talk About... Coronavirus

“We learn from experiences,
both good and bad, and with
that knowledge comes change...
and growth.”

Anonymous

Episode 40

Let's Talk About... Strength

“A hero is an ordinary individual
who finds the strength to
persevere and endure in spite of
overwhelming obstacles.”

Christopher Reeve

Episode 41

Let's Talk About... Kindness

“No amount of kindness,
no matter how small,
is ever wasted.”

Aesop

Episode 42

Let's Talk About... Mindfulness

“Look past your thoughts,
so you may drink the pure nectar
of this moment.”

Rumi

Episode 43

Let's Talk About... Self Esteem

“Success is liking yourself,
liking what you do and liking
how you do it.”

Maya Angelou

Episode 44

Let's Talk About... Forgiveness

“To err is human,
to forgive, divine.”

Alexander Pope

Episode 45

Let's Talk About... Assertiveness

“Nobody can make you feel
inferior without your consent.”

Eleanor Roosevelt

Episode 46

Let's Talk About... Gratitude

“Some people are always
grumbling because roses have
thorns; I am thankful that
thorns have roses.”

Jean-Baptiste Alphonse Karr

Episode 47

Let's Talk About... Optimism

“A pessimist sees a calamity
in every opportunity.
An optimist sees an opportunity
in every calamity.”

Unknown

Episode 48

Let's Talk About... Control

“You cannot always control
what goes on outside. But you
can always control what goes
on inside.”

Wayne Dyer

Episode 49

Let's Talk About... Finding Balance

“Getting in balance... is about realigning yourself in all of your thoughts so as to create a balance between what you desire and how you conduct your life on a daily basis.”

Wayne Dyer

Episode 50

Let's Talk About... Choice

“May your choices reflect your hopes, not your fears.”

Nelson Mandela

Episode 51

Let's Talk About... Perseverance

“Do not judge me by my successes, judge me by how many times I fell down and got back up again.”

Nelson Mandela

Episode 52

Let's Talk About... Change

“If you don't like the way the world is, you change it. You have an obligation to change it. You just do it one step at a time.”

Marian Wright Edelman

Episode 53

Let's Talk About... Boundaries

“If someone throws a fit because you set boundaries, it's just more evidence the boundary was needed.”

Unknown

Episode 54

Let's Talk About... Trust

“You may be deceived if you trust too much, but you will live in torment unless you trust enough.”

Frank Crane

Episode 55

Let's Talk About... Authenticity

“The authentic self is soul made visible.”

Sarah Ban Breathnach

Episode 56

Let's Talk About... Manipulation

“If you allow people to make more withdrawals than deposits in your life, you will be out of balance and in the negative. Know when to close the account.”

Unknown

Episode 57

Let's Talk About... Emotions

“I don't want to be at the mercy of my emotions. I want to use them, to enjoy them, and to dominate them.”

Oscar Wilde

Episode 58

Let's Talk About... Meaning

“Life is never made unbearable by circumstances, but only by lack of meaning and purpose.”

Dr Viktor Frankl

Episode 59

Looking Back, Looking Forward

“Destiny is not a matter of chance, it is a matter of choice.”

William Jennings Bryan

Episode 60

Let's Talk About... Wellbeing

“Health is Wealth.
Look after it.”

Sai Baba

Episode 61

Let's Talk About... Happiness

“The great essentials to happiness in this life are something to do, something to love and something to hope for.”

Joseph Addison

Episode 62

Let's Talk About... Self Awareness

“There is only one journey. Going inside yourself.”

Rainer Maria Rilke

Episode 63

Let's Talk About... Simplicity

“Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step.”

Lao Tzu

Episode 64

Let's Talk About... Patience

“The two most powerful warriors are patience and time.”

Leo Tolstoy

Episode 65

Let's Talk About... Resistance

“People who are unable to motivate themselves must be content with mediocrity, no matter how impressive their other talents.”

Andrew Carnegie

Episode 66

Let's Talk About... Connection

“Connection is the energy that is created between people when they feel seen, heard and valued – when they can give and receive without judgement.”

Brené Brown

Episode 67

Let's Talk About... Energy

“Everything is about energy.
The way you feel around
certain people will tell you
if this connection needs to
be stopped or not.”

Unknown

Episode 68

Let's Talk About... Ego

“All you need to know and
observe in yourself is this:
Whenever you feel superior
or inferior to anyone, that's
the ego in you.”

Eckhart Tolle

Episode 69

Let's Talk About... Distractions

“A distracted existence
leads us to no goal.”

Johann Wolfgang von Goethe

Episode 70

Let's Talk About... Doubt

“Doubt kills more dreams
than failure ever will.”

Suzy Kassem

Episode 71

Let's Talk About... Shame

“If we can share our story with
someone who responds with
empathy and understanding,
shame can't survive.”

Brené Brown

Episode 72

Let's Talk About... Truth

“Rather than love, than money,
than fame, give me truth.”

Henry David Thoreau

Episode 73

Let's Talk About... Anger

“For every minute you remain angry you give up sixty seconds of peace of mind.”

Ralph Waldo Emerson

Episode 74

Let's Talk About... Success

“There is only one success — to be able to spend your life in your own way.”

Christopher Darlington Morley

Episode 75

Let's Talk About... Toxic People

“Some people are in such utter darkness that they will burn you just to see a light. Try not to take it personally.”

Kamand Kojouri

Episode 76

Let's Talk About... Dreams

“The future belongs to those who believe in the beauty of their dreams.”

Eleanor Roosevelt

Episode 77

Let's Talk About... Setbacks

“The difficulties of life are meant to make us better, not bitter.”

Anonymous

Episode 78

Let's Talk About... Self Worth

“Self respect, self worth and self love all start with ‘self’. Stop looking outside of yourself for your value.”

Rob Liano

Episode 79

Let's Talk About... Supporting Others

“If someone listens, or stretches out a hand, or whispers a word of encouragement... extraordinary things begin to happen.”

Loretta Girzatis

Episode 80

Let's Talk About... Self Forgiveness

“There is no point in being crippled by guilt. Simply acknowledge to yourself that you have done something wrong, learn by it, and get on with the rest of your life.”

Unknown

Episode 81

Let's Talk About... Rejection

“Sometimes rejection in life is redirection.”

Unknown

Episode 82

Let's Talk About... Expectations

“Sometimes we create our own heartbreaks through expectation.”

Unknown

Episode 83

Let's Talk About... Being Present

“The moment passed is no longer; the future may never be; the present is all of which [we are] master.”

Jean-Jacques Rousseau

Episode 84

Let's Talk About... Failure

“We learn wisdom from failure much more than success. We often discover what we WILL do, by finding out what we will NOT do.”

Samuel Smiles

Episode 85

Let's Talk About... Maturity

“Maturity is not measured by age.
It's an attitude built by
experience.”

Unknown

Episode 86

Let's Talk About... Focus

“Focus more on your desire than
on your doubt, and the dream
will take care of itself.”

Mark Twain

Episode 87

Let's Talk About... Work

“A job is a job. It's a way to pay
for a living, but that's it. Don't let
it define your happiness. You
work to live, not live to work.”

Unknown

Episode 88

Let's Talk About... Conflict

“Conflict cannot survive
without your participation.”

Wayne Dyer

Episode 89

Let's Talk About... Difficult Choices

“You don't drown by falling
in the water. You drown by
staying there.”

Unknown

Episode 90

Let's Talk About... Positivity

“Mind is everything;
we become what we think.”

Buddha

Episode 91

Let's Talk About... Triggers

“Avoiding danger is no safer in the long run than outright exposure. The fearful are caught as often as the bold.”

Helen Keller

Episode 92

Let's Talk About... Death

“When we are familiar with death, we accept each week, each day, as a gift. Only if we are able thus to accept life — bit by bit — does it become precious.”

Albert Schweitzer

Episode 93

Let's Talk About... Joy

“Remember that very little is needed to make a happy life.”

Marcus Aurelius

Episode 94

Let's Talk About... The Past

“The past exists only in memory, consequences, effects. It has power over me only as I give it my power. I can let go, release it, move freely; I am not my past.”

Unknown

Episode 95

Let's Talk About... Worry

“I have spent most of my life worrying about things that have never happened.”

Mark Twain

Episode 96

Let's Talk About... Self Respect

“If you put a small value upon yourself you can be sure that the world will not raise your price.”

Unknown

Episode 97

Let's Talk About... Healing

“We repeat
what we don't repair.”

Unknown

Episode 98

Let's Talk About... Perfectionism

“Perfectionism is a delusion that
can rob one of a very successful,
enriching life if not careful.”

April Bryan

Episode 99

Let's Talk About... Avoidance

“You can avoid reality, but you
cannot avoid the consequences
of avoiding reality.”

Unknown

Episode 100

Let's Talk About... The Future

“The best thing about
the future is that it comes
only one day at a time.”

Abraham Lincoln

Here's to the next 100!



For more information visit the
Let's Talk About Mental Health website:

WWW.LETSTALKABOUTMENTALHEALTH.COM.A

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Catch the Let's Talk About Mental Health podcast every Sunday
and watch Better Mental Health every Wednesday on YouTube