

How To Create A Mantra

We all get overwhelmed sometimes, and when we think too much about our anxieties about the future we prevent ourselves from taking care of our own present moment. When you begin to feel overwhelmed or anxious about the future, remind yourself of your mantra.

Follow the steps below to create your own mantra:

Reflect

Take 20-45 minutes reflecting on how you feel, what is going on around you, and where your anxiety is coming from. Develop a deep understanding of the issue. Use the space below to journal your key notes for developing your mantra.

Consider

It can be rough at times in life, and it can be easy to forget those lessons we have learned growing up that help us have confidence in our future and ourselves. What do you know about yourself and the world around you that will help bring you confidence in your abilities to overcome challenges?

Create

It is time to create your mantra. Create a mantra, or saying, to remind yourself of what you need to remember when you feel anxious, upset or overwhelmed. It will need to be a mantra that you can easily remember and recall, so try to keep it to one short sentence.

For example:

"I am stronger than my anxiety."

"I will get through this."

"This too, shall pass."
