



Creating a Mantra

TO COPE WITH HEAVY EMOTIONS

Do you ever notice yourself being swept up by anxious thoughts or feelings? Especially these days, it is quite easy to get caught in this mental hamster wheel. Just shutting the thoughts down or trying to keep busy may work for a while, but let's think a bit more long-term.

These heavy thoughts may continue to arise because they are based in deeper rooted fears/anxieties/thoughts/experiences in our brains. They do not like being brushed under the rug and "forgotten" about. Like a tantruming child, they will make a ruckus to be noticed and attended to. A tantrum is just the emotional release of REALLY BIG feelings when a human doesn't know how to cope with what they are experiencing. A child, and even an adult, experiencing something so large and scary, does not need to be punished for this - they need to be loved. For adults, that means not scolding ourselves, but taking steps to show that we are holding space for love and understanding. Let's take some time to learn how to do this ...

Check-in with yourself

Take a minute to check in with yourself and see if you will be ok with leaning into or holding space for these heavy emotions. If not, why not? Don't judge yourself, just be curious and see what may be holding you back. Many times we are uncomfortable with heavy emotions - know that it is normal, but that we can also change that and create healthy coping for these thoughts and feelings.

Be realistic

It can be easy to expect this to be like magic. "If I do this, I will feel better." While we encourage you to stick with us, we want you to know this is not a cure-all. This is a skill to help us cope and find ways of telling our brains, hearts, and bodies that we are paying attention and we are trying to help with whatever is happening at the moment. Also remember: practice makes permanent!
(No one is perfect)

Building Your Mantra

1

Start by picking 1-3 statements you deeply feel to be true. These are statements that can help to calm, empower, comfort, and encourage you during the heavy times.

2

Write these statements down and keep them with you or in an area you frequently visit. Heaviness can ebb and flow, so it can be helpful to have them close.

3

Remember this is a practice. The more we use these statements, the more we are comforted by them, and the more we can readily use them when we are faced with something.



Here are some examples to inspire your own creation:



I focus on what I can control & make peace with what I can't.

I am strong enough to face it all, even if it doesn't feel like it right now.

I am enough. Who I am is enough. What I do is enough. What I have is enough.

I choose calm.

I am shifting my focus from the things I fear to everything I am grateful for.

I will stop trying to calm the storm. I will work on calming myself. The storm will pass.

I give myself permission to slow down.

I am a do-er. I will take action and get things accomplished.

I can choose how I want to perceive every situation.

Little by little, day by day, what is meant for me will find it's way.

I allow myself to express my feelings openly, honestly, and without shame.

I am valuable. I am capable. I am worthy. I am loved.