



## ***Designing Your Own “Mama Mantra”***

*Sometimes we can decrease our stress by saying a coping statement before things get out of hand. If you know you tend to worry and your thoughts might spiral and increase your anxiety, it could be time to design a Mama Mantra. A Mama Mantra is a statement that you can say to yourself as soon as you notice that first sign of stress or the return of a negative thought. Below are examples of different statements that include various concepts and ideas. Feel free to use one of these or get creative and design your own!*

- ***Self-compassionate mantras***
  - These are statements that remind us we are human and encourage us to be kind to ourselves:
    - *I’m doing the best I can.*
    - *I’m taking it day by day.*
    - *I’m working hard as a mom and that’s the best I can do right now.*
    - *I need to focus on keeping myself healthy.*
  
- ***Mantras about supportive others***
  - These are statements that mention the important people in our lives who can help us cope:
    - *My family is what matters right now.*
    - *I have [a higher power] beside me to help me through this.*
    - *I have loving friends and family that will support me.*
    - *My community is my foundation.*
  
- ***Mantras that help to keep things in perspective***
  - These are statements about the “truths” about life which can ground us and also help us feel more free:
    - *This moment is temporary.*
    - *Other mothers have been through this.*
    - *The past is done and I choose to look forward.*
    - *Things could be worse.*
  
- ***Empowering mantras***
  - These statements help us focus on goals and getting the internal energy we need to move forward:
    - *I choose how I will respond to this [situation/comment].*
    - *I will use lessons from the past to move on.*
    - *I’ll move ahead because that’s what moms do.*
    - *I can make small, positive changes.*