

# Mindful Memo

Week 4 August 30th, 2021 RCMA Wimauma Community Academy



## Mindful Mantras and Affirmations

There's not a lot of science on the effectiveness of mantras and affirmations, however, these phrases do encourage ACTION, which is the key to positive change. Mantras and affirmations can also stop negative thoughts in their tracks, and encourage a more positive perspective. Over time (thanks neuroplasticity!) these changes can become permanent. This week's challenge is to find or create a positive mantra or affirmation to guide you this year.

### Tips for Success:

**Be Consistent:** Try to repeat the mantra/affirmation daily, and at a time you'll remember. It could be on your drive to work, or before bed. Of course, you can also repeat as stress bubbles up throughout the day.

**Keep it Realistic:** If your mantra/affirmation is a statement you don't accept as true, it may have little effect. Keep statements achievable.

**Remember, Action is Key:** If you're affirmation centers around remaining calm in the face of stress, have a breathing exercise handy to put words into action. Think of affirmations as a step towards change, not the change itself.

### Mantra/Affirmation Examples:

- I am in charge of how I feel today, and I choose calm.
- I am enough just as I am.
- I have the power to make a difference.
- I let go of all that no longer serves me.
- Things are not being done to me, they are just happening.
- It will get done.
- I love the life I have.
- Tomorrow is a new day.
- It's all good.
- Opportunities are all around me.
- I will make today a great day.

