

Having your own Personal Positive Mantra

When we are going through a difficult time, our thoughts can become increasingly negative.

One way of trying to cope with a difficult situation is to create our own personal mantra to help us through.

For example, some young people we work with can feel anxious in the run up to school reopening. They can often feel overwhelmed, especially after a long break; for example, returning to school in September after the summer holidays.

Many young people have said to Childline that they can start to have repetitive negative thoughts like, 'I'm not going to do well in school this year' or 'what's the point in going, I'll never do as well as my classmates'.

When we repeat a positive mantra in our mind it can help reduce and combat those negative thoughts.

At Childline we like to encourage children and young people to create their own positive sentence that they can repeat in their mind - such as 'I can do this' or 'I will get through this'.

If you would like to create your own unique mantra, think about what words you would find calming and helpful. It's free and won't cost you anything.

When your mind slips back into negative thoughts, try and combat this with your more powerful, positive mantra.

You could even write down your mantra somewhere you will see it every day and can repeat it to yourself. You might like to save it on your phone, in your diary, on a poster or by your bed.

Self-talk is hugely powerful – so with a little creativity you can invent your own positive mantra that may not take away negative thoughts completely but, if you stay committed, it will hopefully help ease negative thoughts and help you cope a little better.