



Mantras, Radical Acceptance Statements, and Statements of Grace Ambi Daniel

More than ever many are finding comfort in positive sayings and memes. They are reminders that we are ok, that we are in a better place than it feels, and that sometimes we can do things to take control, and sometimes, we have to practice moving through acceptance. Today we focused on mantras, radical acceptance statements, and statements of grace in our Wellness Zoom. We want to share our work with you and how you can create statements for yourself too.

A mantra can be a sound or a word used in meditation or a statement that can be repeated frequently. Many of us have mantras already. It's the thing we find ourselves saying, over and over again. Short quick Mantras can be fantastically effective!

"Today will be better, I will make it better."

"I can do this."

"Just breathe."

Create your own list:

- What are the things that make you feel better when you say it or hear it?
- What is a short phrase that lets you take pause?
- If you saw the word "Joy," what is a statement that helps you refocus pain to an awareness of joy?



"Find the beauty of today."

Radical Acceptance Statements are statements of coping, they help us relinquish control, and accept the situation. It's ok that the situation is not....ok. At the same time the situation is and we can practice accepting it for what it is and moving in and through it using statements that help refocus energies of anger and stress.

The common one that most know, it may give you relief.....it may make you cringe...

"Everything Happens for a Reason." I'm a cringer.

I hate this phrase, as is. I adapted it to work for me.

"Everything has the potential to lead to something good; a lesson, an opportunity, appreciation, growth.....Sometimes, the reason is not for me, it's for someone else."

Some other examples might be:

"This is the way it is and that's that."

"I can't change it, it already happened."

"I can control how I react now, that's it."

Create your own list:

- What statements help you practice acceptance for the situation?
- What statements help you realize you can't change it, but can control how you react or move?
- What statements help you focus on the future?
- When you hear the words "I can't stand _____" What helps you turn it around?



"Well that didn't go as planned.....time for a plan B!"

Statements of Grace are new to me, but I really appreciate them, especially now. Statements of grace give you permission to relinquish control, perfection, and just be ok with what happens.

I'm finding that I'm trying to maintain the same level of work and purpose, now, even in the shift with social distancing. It's not realistic to think this is manageable. My energy is ever changing and often drained. Statements of grace give pause and even forgiveness, it acknowledges successes.

"It's ok that I didn't get it all done, I cranked out 6 solid hours non-stop. It's ok that I'm mentally done."

"Today I did my best, I can try again tomorrow."

"I'm not at 100%, but today I was pretty great, I did a lot."

Create your own list:

- What expectations do you have for yourself that may have been challenging to keep?
- What statements tell you, you're doing just fine?
- What statements celebrate your success in the challenges?
- How do you put those 4 pieces together to let yourself know what you've been able to do is really ok, that it's ok to fall short today?
- What successes can you find when you feel "like a failure?"



"I am adapting, I am changing, I am doing ok. Today I can say I did enough."

Challenge: Here are some words below to help kick up that creativity! We'll share some statements below that came out of our most recent zoom meeting using some of these words!

Work

Love

Success

Challenge

Struggle

Sucks

Awful

Can't stand

Help

Appreciate

Dance

Pray (ask if the person is religious/spiritual before giving them the word.)

Sun

Rain

Laughter

Joy

Pain

Pressure

Strength

Hugs



"Together we can be ok."

"Success doesn't come overnight." -Rob

"Success is not free you have to work for it." -Tim

"Work smarter not harder?? -Katie

"Success is my only MF option, failure's not." -Eminem, from Rob

"Daydreamers only dream of the day." -Kevin

"Love is something I feel." -Kevin
"I am loved." -Ambi
"I surely appreciate that I have work." -Tim
"I can handle the pressure!" -Ambi
"Things are not so great today but I've been able to adapt." -Tim
"I may not be in the office working as a peer, but I'm using my skills in networking." -Rob
the harder I work the easier it is to accumulate success
"With every struggle, comes happiness." -Michelle
"With every struggle I become stronger." -Tim
"With every struggle comes strength." Michele and Tim
"With every struggle I have surrendered." -Rob
Katie, "As of late I say... 'this is only temporary.'"
"With every failure I find Strength." -Kevin
"This sucks, but tomorrow's a new day." -Katie
"Yes, this sucks, tomorrow it will suck less." -Michelle
"COVID19 SUCKS!" -All
"I feel hopeful when asking for help." -Kevin
"Asking for Help does not mean I'm weak." -Michelle
"Asking for help is a sign of strength." -Michelle
"It's ok to ask for help." -Katie
"Everyone needs help occasionally." -Tim
"It's awful with the number of overdoses that it isn't alarming for an increase for peer services, at the same time, I can still share my knowledge through social networking." -Rob
"I can't stand that I'm not doing as much as Katie and Erin are, but I'm doing all I can under the circumstances." _ Tim
"I'm my own worst enemy." -Katie
"Woooossaaaaa!" -Katie
"Breathe!" -Katie
"Just Dance!" -Michelle, Lady Gaga
"Dance it out!" -Ambi
"Life's a dance you learn as you go!" -country song Artist that we don't know : P
"Dance like no one's watching!" -from Rob author unknown.
"Success isn't always what you have achieved it is also having the courage to try." -Michelle

