

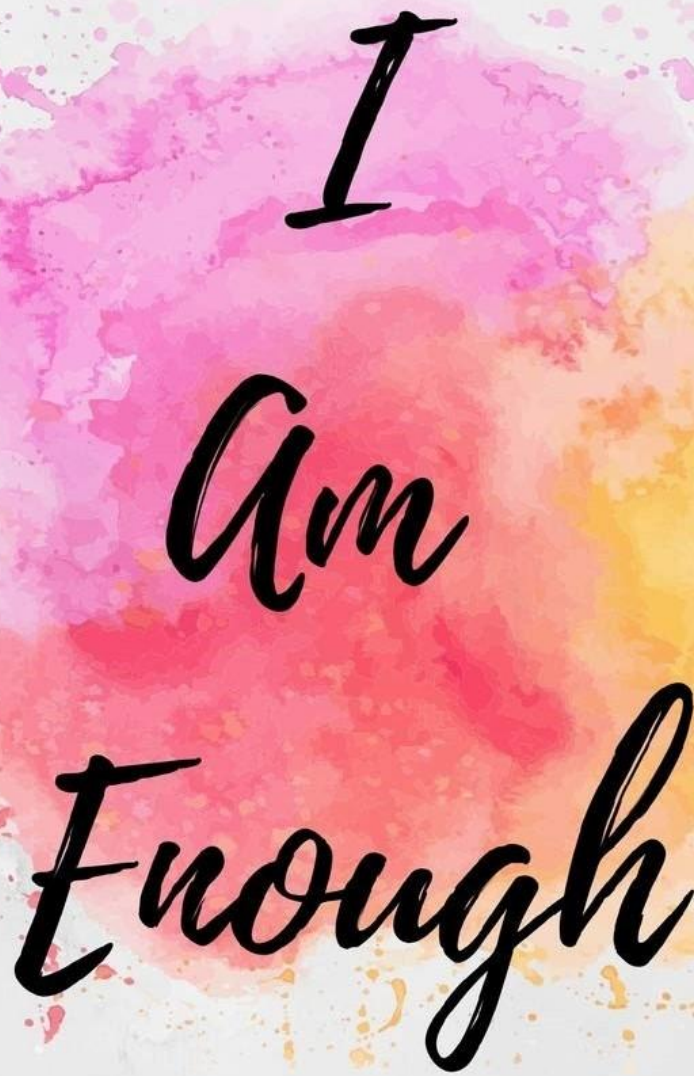


The Power of a Mantra

Mantras have been practiced for over 3000 years with the earliest mantras composed in Vedic Sanskrit in India. They have been used in devotional and meditative practices, can be chanted, spoken, sung, whispered, or repeated in the mind. Today the same holds true and mantra practice has gained popularity when combined with mindfulness practices.

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I
Am
Enough

Benefits of Mantras:

Mantras are a powerful meditation and therapy tool in alleviating depression, stress, and anxiety by working to bring a sense of empowerment and strength while exercising positive thinking.

Think about all the excessive chatter you might have going on in your mind.

*Now imagine what you might feel like to be
calm, centered, and focused*

That is the power a mantra can provide.

Mantras have been also used to reduce unwanted distractions or emotions, improve sleep hygiene, overcome fears, deepen spiritual connections, and boost confidence by combating negative self-talk.

So here's how you practice a mantra:

Pick a word, phrase, sound, or prayer. Try “Aum” or “Om” one of the most universal chants or a phrase that makes you feel empowered.

Think about your intentions. Do you need to let go? Do you want to build confidence? Are you searching for peace? Find a comfortable position and breathe.

Now focus on the words or sound and start to repeat the sound or phrase.

Mottos, Songs, Catchphrases

So, you've been given the traditional sense of a mantra, but a mantra can be thought of in other ways well:

- Do you have a motto? A song? A catchphrase?
- What is that gets you going? Use it daily. Try starting your morning with the mantra. If it is part of some lyrics, listen to the song to feel energized and motivated.
- Or try writing it down on a post-it note and placing it somewhere you visit frequently to remind yourself to practice.

We encourage you to challenge yourself to practice this daily.

Need some inspiration?

Check out this article on
[9 Empowering Mantras to Shift Your Mindset](#)



You are the sky.
Everything else is just the weather.

Mantras from famous people:

Oprah Winfrey:

“Everything is always working out for me.”

Lebron James:

“Nothing is given. Everything is earned.”

Robert Downey Jr.:

“The rules are the tools.”

Chelsea Jaensch (Olympic Long Jumper)

“On and Up”

Visit our [CSWCS page](#) for more resource links,

lighthearted videos, and self-help tools. Please continue to monitor your NEOMED email for more information from the University and/or our Center as it pertains to changes in our campus operations.

**The Center for Student Wellness
and Counseling Services**

330.325.6757

neomed.edu/cswc

counseling@neomed.edu

(Local) [Coleman Professional Services](tel:330.296.3555) 330.296.3555

[National Suicide Hotline](tel:800.273.8255) 800.273.8255

[Crisis Text Line](tel:741-741) 741-741