



# CAREGIVER MANTRAS

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Caregivers are the most special individuals, yet we sometimes suffer from isolation, depression, fatigue and grief. When you need to lift your spirits or release negative emotions put a mantra into action. Mantras are phrases we create and repeat within the mind or verbally, they are especially useful in assisting us with changing our mindset and creating peace.

Mantras assist us in achieving our accomplishments, goals and dreams. When you speak your mantra it must be positive and for the good of all concerned. It only takes a few minutes of your time, your mind, body, and spirit will appreciate the benefits of mind positivity.

Mantras can be done, anytime, anywhere by anyone. Here are five simple mantras to get you started.

Find a quiet place, release our body of tension , stretch, bend, shake out your limbs and take a few slow deep breaths. Repeat any mantra as needed. Be Well.

1. I help the one in need including me
2. Compassion is my action
3. The love we share is still there
4. With each breath I release stress
5. I have guidance in the right direction, love, peace and protection