



My Coping Mantra

 Time: 20+ Minutes

 Difficulty: Moderate

The concept of coping mantra was developed by Matthew McKay, Martha Davis, and Patrick Fanning in their book "Self-Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving and Maintaining Your Self-Esteem." A coping mantra is a short, positive phrase or statement that an individual can repeat to themselves in order to help them stay focused and calm during difficult situations.

McKay and West suggest that coping mantras should be simple, easy to remember, and directly related to the specific stressor or anxiety-provoking situation. They recommend that individuals experiment with different coping mantras and select the one that works best for them.

This exercise will help you come up with your own personal mantra that addresses your own unique adversity. It will help you replace your unhelpful (fixed mindset) thoughts, with more productive and helpful (growth mindset) alternatives.

Here are some examples of coping mantras:

"I am strong."

"I can handle this."

"I choose to stay calm."

"I trust in my ability to cope."

"I am in control."

"I am strong and resilient."

"I can handle anything that comes my way."

"I trust my inner wisdom and guidance."

"I am open to new opportunities."

"I am focusing on the present moment."

"I am capable."

"I am enough."

"I will get through this."

"I will take it one step at a time."

"I am surrounded by support."

"I am growing from this experience."

"I am surrounded by love and support."

"I allow myself to process my emotions."


"I am not my negative thoughts."

"I am worthy and deserving of happiness."



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What stressor or anxiety are you facing?	What unhelpful thoughts are you experiencing regards this stressor?	What coping thoughts can you use instead that you feel are empowering?
Feeling overwhelmed by the amount of tasks and responsibilities at work, home and personal life.	"I'm so behind, I'm going to fail." "I'm not good enough to handle it all" "I'm never going to get all of this done."	"I can prioritize and plan my tasks to make them more manageable." "I have been able to handle difficult situations in the past and I can do it again."
My short coping mantra is: "I'll only focus on what I can control and one thing at a time"		
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