

## **Mantras and Affirmations for Mental Health**

These are two great tools for achieving success and improving your life. Negative mantras and affirmations can harm you. Choose positive words and statements. The technique may not work for everyone, however it is worth trying and does not cost anything.

Affirmations and mantras are positive words, thoughts or statements that you use to: inspire you, feel special, feel important, feel worthy of love, overcome self-sabotaging behaviour, believe in yourself, feel smart or feel intelligent in order to achieve improved self-esteem, overcome negative thoughts, manifest positive life changes and to bring a real sense of peace, relaxation or reduced anxiety.

**Example: I love and approve of myself.**

A useful site to get started is [www.louisehay.com/affirmations/](http://www.louisehay.com/affirmations/)

Mantra is a Sanskrit word from an ancient language. It can be a repeated sacred sound, syllable, word or phrase. Mantras are believed to have both psychological and spiritual power. Mantras can be used as affirmations or to enter a deep state of meditation or relaxation. There are many books, web sites, images and music to help you learn to use mantras.