

Exercise: Your New Mum Mantra

A positive affirmation is a concise, realistic statement that embodies something we value, whether it's who we want to be or what we want in life.

Our brains are always looking for shortcuts and tend to latch onto thoughts that come up the most or are the most easily. Internal mantras are a great practice to rebuild confidence and reduce anxiety.

Spend some time thinking about a phrase or statement that will calm / soothe / ground you, one that will comfort you when you are feeling anxious, one that will reassure you or make you smile in a difficult moment.

Here are some examples;

- One step at a time gets me where I need to go
- This too shall pass
- I am doing the best I can
- Do what you can, let the rest go
- Even though I feel overwhelmed, I can still do this
- I am learning to be a better mother with each new day

To find positive affirmation that works for you, it should make sense in your life and reflect your personal experience

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