

Calming Mantras & Phrases for Adults

Use these calming phrases to help soothe your emotional brain when you've 'flipped your lid.' Choose one that resonates with you—or create your own.

Gentle & Compassionate

- This moment will pass.
- Breathe. You're safe.
- You've handled hard things before.
- Be kind to yourself.
- Soft heart, strong mind.

Empowering

- You are not your thoughts.
- Feel it. Don't feed it.
- You've got this.
- Power, not panic.
- Pause > React.

Spiritual/FaithBased

- Be still and know that I am God. (Psalm 46:10)
- God's got me.
- Peace, be still.
- The Lord is my strength and shield.
- This too shall pass.

Humorous or Bold

- Knock it the heck off.
- Nope, not today brain.
- Calm your drama, mama.
- Simmer down, Susan.
- This is not the hill we die on.

MindfulnessInspired

- Inhale calm. Exhale tension.
- I am here. I am now. I am okay.
- Nothing to fix. Just breathe.
- Notice. Name. Nurture.
- Respond, don't react.



AUTHOR | SPEAKER | TRAINER

P: 615.497.7714

tamiwest@tamiwest.com | www.tamiwest.com

www.facebook.com/TamiWestSeminars www.twitter.com/TamiWest www.linkedin.com/in/tamiwest/