

A mantra can be a really helpful tool to help you cope with emotions, deal with setbacks, and boost your wellbeing.

A few years ago, Lois was poorly for a number of months, and she had plenty of setbacks and difficulties during that time. She found a mantra, a positive saying, to help her, and over time, this mantra, plus the help and support of good people, and plenty of perseverance, Lois got through the difficult days.

**Lois' Mantra**



**Lois after recovery**



What could be your mantra? To help you through the struggles that might come your way?

## My Positive Mantra