

# Running on Empty:

## Self care for parents of neurodivergent kids

### Activity – Developing Your Own Mantra

- I have come so far in my life because of \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
- I am succeeding because of \_\_\_\_\_ and \_\_\_\_\_.
- I can become more \_\_\_\_\_ by doing \_\_\_\_\_.
- The future consists of \_\_\_\_\_ and \_\_\_\_\_ for me and my family.
- Being strong means doing \_\_\_\_\_ and \_\_\_\_\_.
- The purpose of life is \_\_\_\_\_.
- Life is \_\_\_\_\_.
- I am \_\_\_\_\_. I am \_\_\_\_\_. I am \_\_\_\_\_.

---

*Think about all that you have learned about yourself throughout this workbook. If you can't think of anything positive, write down your negative thoughts and then reword these ideas into positive statements...so that we can turn it into your mantra!*

---

1. Close your eyes.
2. Clear your mind of everything. Do not think about your child, job, family, or the rest of your many responsibilities.
3. Begin to slowly breathe in and out. Pay attention to each breath. Become more aware of your mind and body. Slowly, let all of your negative thoughts and energy float away.
4. Now begin to repeat your mantra a few times.
5. Use the space below to write your thoughts and how repeating your mantra makes you feel.