



**Let's do
something
cool,
together.**



Coping Skills

Where you can practice self-regulation and mental health awareness.

Peace Begins With Me

One coping skill we use at Girls Empowerment Network is "Peace Begins With Me," which is a mantra that helps you meditate.

Peace Begins With Me

A mantra is a word or sound repeated to help with concentration during meditation. It can also be a phrase or slogan. We use mantra's as a coping skill because positive psychology supports the idea that positive mantras, like positive affirmations or gratitudes, said aloud can increase happiness and rewire the brain. Mantras can help a wandering mind and quiets thinking about the past or future, helping you be more present.

Materials Needed

No materials needed.

Together, let's relax our bodies, relax our shoulders, get in a comfortable seated position and sit tall as we're able. Take a slow, deep breath in, and let it out.

1. Make the "A OK" symbol with your hands.
2. Now say "Peace Begins With Me" as you touch each finger to your thumb starting with the pointer finger then the middle, ring, and pinky.
3. Say it five times out loud, then close your eyes and say it five times to yourself.

It is extremely difficult to make good decisions when you aren't using your upstairs, thinking brain. When we are controlled by our downstairs brain, we can accidentally say or do something we don't really mean.



Do It With Us By Watching Our YouTube Video:
[youtube.com/girlsempowermentnetwork](https://www.youtube.com/girlsempowermentnetwork)

YouTube



Share On Social

You can come up with your own mantra! We like using phrases with four words. Can you think of a good four word mantra? Post a video of your mantra and tag Girls Empowerment Network. Make sure to use the hashtag #VirtualSpark. Then, challenge your friends to do the same! **#VirtualSpark**



The 6C's of Self-Efficacy

Click on each picture to view more activities like this one.



Confidence



Coping Skills



Collaboration



Communication



Critical Thinking



Creativity

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GIRLS
Empowerment Network

Girls Empowerment Network knows girls are powerful, and it's our mission to help girls know it too. When girls experience Girls Empowerment Network's self-efficacy curriculum in schools, camps and conferences, they believe in their abilities and become powerful. Learn more at www.girlsempowermentnetwork.org.

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