**Mantram Repetition Series**  
School for Military Veteran Caregivers and Families

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**Tips: Important Strategies**

- Use your Mantram to stay in the present moment.
- Identify life priorities and figure out what can wait.
- Choose a task you’ve been putting off. Set a timer for 30 minutes. Stick with it. Notice your thoughts and feelings.
- Start the day earlier by going to bed earlier.
- Drive a little slower.
- Withdraw your attention from worrying thoughts and they will subside.
- Use one-pointed attention with every conversation you have.
- Use Mantram:  
  *Before going to sleep, walking, waiting, or putting on your seat belt.*

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**Takeaways: Things to Remember**

- A Mantram is a phrase that liberates and protects the mind.
- Repeating a Mantram is like a pause button. It helps bring us into the present moment.
- Mantram can be used in many situations; it can help stabilize or manage feelings of grief, loss or anger.
- Repetition is the key. Each time the Mantram is repeated gives us a tiny respite.
- The ultimate goal is to have your Mantram there for you all the time.
- It is a myth that multitasking saves time. Doing more than one thing actually takes longer.

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**Personal Reflection**

What can I do to slow down in my life? Where can I use my Mantram to give myself a small moment of respite?

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**Resources:**

- Jillbormann.com
- BMCM.org
- Strength in the Storm by Eknath Easwaran
- The Mantram Handbook by Eknath Easwaran
- For additional resources, check out https://hiddenheroes.org/.

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Next Recommended PsychArmor Course(s):

- Stepping into Stillness