



## The Force is with Me

I can use it!

**Goal:** As moments of anxiety arise, try singing, humming, or repeating a special phrase as a reminder that you are brave, strong, and capable.

**[Tip]:** Try phrases such as “The force will be with me always,” “This too shall pass,” “Whatever will be, will be.”

**Why is this important?** A song or catchphrase can offer a moment of grounding or signal the need for a break.

**References:** Keng, S. L., Smoski, M. J., & Robins, C. J. (2011). Effects of mindfulness on psychological health: a review of empirical studies. *Clinical psychology review*, 31(6), 1041–1056. <https://doi.org/10.1016/j.cpr.2011.04.006>