

A MANTRA OF NVC TO ONESELF AND OTHERS

It's OK...

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youthpeace
ambassadors
network



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...General Information:

This tool was created as part of the Erasmus Project: “THE ART OF NONVIOLENT DIALOGUE”, a project of the Youth Peace Ambassadors Network and Peace Up!. This project was facilitated during two phases, the first training course “Mediation & NVC as tools for Conflict Transformation” was held from 13.04.2024 to 20.04.2024 in Berlin, Germany and the second Training course “Tools Creation for Conflict Transformation” was held from 15.09.2024 to 22.09.2024 in Vienna, Austria.

The "It is Okay" jar is a collection of uplifting mantras wrapped in small pieces of candy or chocolate, designed to offer comfort during challenging moments. Each note is a gentle reminder that it's okay to feel, to struggle, and to be imperfect—because healing, growth, and peace come with acceptance. All the candy are wrapped on papers that on one side have the words: "It's OK" and on the other have a mantra. Whenever you reach for a treat, you'll receive a positive boost that reassures you: no matter what you're facing, it's okay.

...Instructions:

1. **Pick one when you need it:** Whenever you're feeling overwhelmed, conflicted, or just need a little encouragement, pick a candy from the jar and read the message. Let the mantra bring you a moment of peace.
2. **Share the love:** Take one for yourself or offer a candy to a friend, colleague, or loved one who might need a pick-me-up. The act of sharing positivity can brighten someone else's day too.
3. **Start your day with a boost:** Every morning, pick a candy and read the message to start your day with a positive mindset. Carry the mantra with you throughout the day as a reminder that it's okay to face whatever comes your way.
4. **End your day with reassurance:** Before bed, pick a candy from the jar to reflect on the day and let go of any negative emotions. Use the message as a comforting thought before you rest.
5. **During conflicts or tough moments:** When facing a personal challenge, work stress, or relationship tension, take a candy and reflect on its message. It's a reminder that it's okay to feel and process difficult emotions.

...Explanations:

- **Why the "It is Okay" jar?:** Life can be filled with moments of doubt, frustration, or conflict. The "It is Okay" jar offers a simple but powerful way to remind yourself (and others) that it's okay to feel how you feel. With each candy, you'll find a message that gently encourages you to accept yourself and the situation, allowing you to move forward with more ease.
- **A gentle reminder:** We all need a little reassurance sometimes. These notes are meant to calm your mind and help you regain perspective in moments of stress. They're a small but meaningful way to nurture emotional well-being.
- **Self-compassion in a jar:** The mantras inside this jar are here to remind you to be kind to yourself. Life's challenges don't have to be faced alone, and sometimes all it takes is a little message to help you refocus and breathe.

...Everyday uses:

1. **Personal desk companion:** Keep the jar on your desk for moments of reflection and calm when you feel stressed or stuck.
2. **Family or team activity:** Have family or coworkers pick a candy and share thoughts on the mantra, sparking meaningful conversations about stress and emotions.
3. **Mindfulness practice:** Incorporate the jar into your daily routine by picking a mantra and reflecting through meditation or journaling.
4. **Conversation starter:** Place the jar in a shared space to inspire reflection and connection among those who pass by.
5. **Stress relief kit:** Combine the "It is Okay" jar with calming items like tea or essential oils for a personal or shared stress-relief kit.
6. **Gratitude or reflection jar:** Use the jar as part of an evening ritual, reading a mantra and reflecting on something you're grateful for.
7. **Gift of comfort:** Give the jar as a thoughtful gift to offer comfort and support during tough times.
8. **Conflict resolution tool:** Use the jar to pause and ground yourself or others in positive thoughts during difficult conversations.

**It's
OK**

**...to stand up for yourself.
Recognize who you are and
kindly but with
determination speak up
your values and integrity.**

**...to let go of what no
longer serves you; you
are making space for
better things.**

**...to simply be today. You
can be like nature;
existing simply to be, to
be you, to be unique.**

**...to cry today. Let the
tears speak what you
might not be ready to
voice out yet.**

...to feel in search. You aren't lost. You're just in an uncomfortable state of your life where your old self is gone, but your new self isn't fully born yet.

**...to feel overwhelmed;
you don't have to have it
all figured out today.**

**...to ask for help; strength
comes from knowing you
don't have to do it all
alone.**

**...to move at your own
pace; comparison steals
joy.**

**...to let people in;
vulnerability is not
weakness.**

**...to be proud of yourself.
Look at how far you've
come.**

**...to enjoy simple things.
Some of life's best
moments are quiet.**

**...to start again. The
sunrise never asks
permission to shine.**

**...to let yourself feel
deeply; emotions are part
of being human.**

**...to dream of more. The
world was built by those
who did.**

**...to change your mind.
Growth means
outgrowing what no
longer fits.**

**...to not have all the
answers. Life is about
discovering, not knowing
everything at once.**

**...to leave the past
behind. You are not who
you were yesterday.**

**...to not rush. Some
things are best when they
unfold naturally.**

**...to trust yourself; your
intuition knows the way.**

**...to let go of what could
be and embrace what
is, because the present
holds its own beauty
and possibilities.**

**...to set boundaries for
your own well-being
because taking care of
yourself helps you be
your best for others.**

**...to rebuild after falling
apart. Some of the
strongest things have
been broken before.**

**...to forgive yourself for
what you didn't know
then; you are wiser
now.**

**...to long for the things
you lost. It only means
they were meaningful to
you, and their memory
still holds a place in your
heart.**

**...to say no; your
energy and time are
valuable.**

**...to fail, if the thing is
worth doing, it's worth
doing badly.**

**...to release the past;
healing is an ongoing
process.**

**...to not always be okay;
your feelings are valid.**

**It's
OK**