

# 21 Ways Yoda Finds His Zen

For parents coping with an anxious child, it may feel like the Dark Side of the Force is winning in the heat of the moment. Turning to Yoda-like ways of thinking can help you navigate through these difficult times. Below are 21 quotes from Yoda himself, along with tips for remaining in a state of peace and calm when it feels like the Stormtroopers are approaching at light speed.

## 1. “Ready, are you? What know you of ready?”

If an episode of panic or anxiety seems to have come out of left field, take a moment to breathe. Remember, you cannot always predict triggers, but you are agile. Tap into your inner Yoda, and use your emotional agility.

## 2. “A Jedi uses the Force for knowledge.”

Anxiety provides your child, and you, with information. It offers clues about triggers and vulnerabilities. Try to remember that the information from the current episode, even if it isn't useful in the present, can be stored for later reflection and will help in dealing with future episodes.

## 3. “Already know you that which you need.”

Remember that you have the power within you to cope with this situation. You love your child and want the best for them. You can do this.

## 4. “You will know when you are calm—at peace.”

Calm yourself with creative visualization. Imagine yourself in a soothing, happy place before you speak.



## Bonus #2

### **5. “My ally is the Force, and a powerful ally it is.”**

You have the strength within you to be your child’s guide. No matter how big and scary their emotions may be in the throes of panic or anxiety, tap into your inner force and strip the emotional charge from your response.

### **6. “Luminous beings are we.”**

There is light inside every one of us, including you and your children. Close your eyes and remember your greatest character strengths. Then, focus on your child’s greatest character strengths.

### **7. “Not if anything to say about it I have.”**

When intrusive thoughts flood your child’s mind, remind yourself they are just thoughts. Thoughts cannot harm us. Sometimes your child doesn’t need words. They just need you to be there next to them, comforting them and allowing the feeling to pass.

### **8. “Judge me by my size, do you?”**

Just because your child is young, that does not necessarily mean they don’t have the strength to endure and overcome this experience. Think of a time in the past when your young Jedi showed their courage and bravery in the face of anxiety. Think of a time in the past when you did the same. You’ve got this!

### **9. “Use your feelings.”**

Do not avoid your feelings of fear, frustration, or even anger as a parent. Allow them to surface without trying to change them, without judgment, and then watch them dissolve.

### **10. “In a dark place we find ourselves, and a little more knowledge lights our way.”**

Dispelling an anxiety episode can often be accomplished by identifying the existing evidence. Help your child to discover what is responsible for causing the anxiety during an episode. This will help both of you understand how your child is interpreting the situation.



## Bonus #2

### **11. “Truly wonderful, the mind of a child is.”**

Remind yourself that your child can learn coping skills to manage their anxiety. Remind yourself that education is not a linear process. It takes time and practice.

### **12. “Clear, your mind must be.”**

If you feel angry or frustrated, remember your emotions will soon reset. Like all emotions, this too shall pass. Our bodies cannot physiologically maintain a heightened level of awareness caused by these emotions for long periods of time.

### **13. “Patience, you must have.”**

If you are getting angry or frustrated, you will be fighting your primal instincts to manage the situation you face. Try 4-7-8 breathing: Breathe in through the nose for 4 seconds, hold your breath for 7 seconds, then exhale through your mouth for 8 seconds.

### **14. “Difficult to see, always in motion, is the future.”**

Bring yourself back to the present moment. Focus on one breath in and one breath out, that's it. Just try to focus on that one current breath.

### **15. “Beware of the Dark Side. Anger, fear, aggression... easily they flow, quick to join you in a fight.”**

It's okay to walk away for a minute, call for 5 minutes of quiet time in the car, or put yourself in time out when you are feeling angry. Not only are you modeling appropriate behavior, you also have a chance to take a few breaths and remind yourself of a few of the other phrases.

### **16. “Do. Or do not. There is no try.”**

Commit to doing. Ask yourself if you are doing your very best. Practice self-compassion. Keep going.



## Bonus #2

### **17. “Ohhh, great warrior. Wars not make one great.”**

Sometimes, the struggle of wills between a parent and a willful child makes winning arguments seem like a major victory. But remind yourself it is most important to connect with your child, even in the heat of the moment. Especially in the heat of the moment.

### **18. “Always pass on what you have learned.”**

Children are keen observers. They will see the anxiety we ourselves exhibit. Remaining calm and in control will not only help you, it will help them model good emotional intelligence.

### **19. “Many of the truths that we cling to depend on our point of view.”**

Anxiety is not evil. In fact, worry serves an important biological function in keeping us safe. Remind yourself anxiety can be your ally in the right form.

### **20. “You must unlearn what you have learned.”**

Maybe you believed that, as a parent, with love, protection, and compassion you would be able to control certain experiences or outcomes for your child. Ultimately, the only person you can control is you. Govern your feelings, control your response, and then help your child learn to do the same.

### **21. “We are all Jedi.”**

Never forget that you and your child are on the same team and have the same goal.