



Cultivating Personal Peace



Integrating peace in our own lives, with our children, in our relationships, in the workplace, and in our approach to activism, through such methods as compassionate communication, mindfulness, empathy, and stress reduction...

Approximately
7 out of 10 Americans
report that they experience
physical or non-physical
symptoms of stress

Statistical Spotlight:

Studies have shown that 8 weeks of mindfulness meditation can actually change the size of key regions of our brain responsible for:

- Improving our ability to focus
- Making us more resilient under stress
- Fostering our decision making
- Helping us be more empathetic listeners
- Showing more compassion to our colleagues

Suicide is the 2nd leading cause of death for ages 10-24

Overview



You may have heard that “peace” (or happiness) is an inside job. To a very large extent this is true, and there are methods and practices that can help us, and others, to do this job well! Peace can be cultivated through mindfulness & meditation, healthy communication, therapy, spiritual/faith practices and any number of other ways.

Such practices can lead to healthier and happier living and relating, and a greater capacity to “lead by example” in bringing about the more peaceful world we seek whether that be in your school, workplace, or larger community.

The value of “Being the Peace” in our own hearts, minds and actions is a core tenet to building peace in the world. From how we engage in our social and political activism, to encouraging a more peaceful and healthy approach to political discourse (among politicians and advocates alike), we aim to bring awareness and tools to this important peacebuilding approach.

Empowering Strategies and Programs, Proven Efficacy:

Compassionate/Nonviolent Communication: focuses on three aspects of communication: self-empathy (defined as a deep and compassionate awareness of one's own inner experience), empathy (defined as listening to another with deep compassion), and honest self-expression (defined as expressing oneself authentically in a way that is likely to inspire compassion in others).

Mindfulness: A psychological state of awareness, the practices that promote this awareness, and a mode of processing information without judgment. Several disciplines and practices can cultivate mindfulness, such as meditation, yoga, tai chi and qigong. Mindfulness meditation consists of those self-regulation practices that focus on training attention and awareness in order to bring mental processes under greater voluntary control and thereby foster general mental well-being and development and/or specific capacities such as calmness, clarity and concentration [Walsh & Shapiro, 2006 <http://www.apa.org/monitor/2012/07-08/ce-corner.aspx>]

Therapy/Counseling: Support in increasing our capacity to cultivate psychological and emotional well-being in families, relationships, parenting, and personal life.

Conflict and Anger management: The goal of anger management is to reduce both emotional feelings and the physiological arousal that anger causes.

Mediation: Mediation is an impartial, confidential, and voluntary problem-solving process to resolve conflict in which a third-party helps two or more participants better understand each other's issues, interests, and needs and empowers parties to bridge their differences and find solutions that meet everyone's needs. It is applied in a growing number of environs including the work place, our courts, between couples, within families and amongst business associates.

**Additional
areas
of support:**



- Parenting skill-building and family/domestic violence prevention programs
- Forgiveness
- Music/Arts Programs
- Workplace conflict mitigation
- Mental Health Services

Learn more: www.peacealliance.org/cultivate



THE PEACE ALLIANCE