



# Gather Everyone Together

A Family Engagement E-Letter from the ADAMHS Board Prevention Project

ISSUE 9: GET PEACEFUL

## Finding Inner Peace

Inner peace refers to a specific state of being mentally and spiritually at peace with enough knowledge and understanding to keep oneself strong during phases of stress. Bliss, happiness and contentment are the basic components of a peaceful mind which refers to a disposition free from the effects of stress. If you are experiencing uneasy from the COVID-19 pandemic, don't dismay. Stress is a normal, healthy response when things are unpredictable or seem out of control. Read on to find ways to GET Peaceful.



## Peaceful Words to Find!

Make your own puzzles at

<http://puzzlemaker.discoveryeducation.com/>

BREATHE	PEACE	STILLNESS
CALM	REST	TRANQUILITY
HARMONY	RESTORE	YOGA
MEDITATION	REVIVE	

## Techniques for Peace!

### Deep breathing

Reduce tension by taking deep breaths in through your nose and slowly exhaling through your mouth. This practice can calm you as your heart rate slows down.

### Write in a journal

It might be difficult to express your feelings out loud. Write them down to gain perspective on a situation and develop a plan for moving forward.

### Plan a Staycation

You don't have to leave town for a break.

Take a day and do something you enjoy!

Get a massage, schedule a hair appointment, have coffee with a friend, or treat yourself to a shopping spree.

### Exercise

Stretching, walking or going for a bike ride are great ways to lower stress. A good workout will leave you tired and calm, physically and mentally!



### Practice Mindfulness

Find a quiet place to relax and ease your mind. Close your eyes and focus on nothing but your deep breathing exercises. Use your five sense and just be.

### Play a tune

Music can be a powerful stress-reducing tool. Kick back with your calming music of choice or make your own!

### Connect with nature

Enjoy the beauty around you. Take a walk in the park, sit on a park bench, or lie in the grass, watch the clouds and listen to the birds.

### Read

Get lost inside of an interesting book.

### Disconnect

Turn off your phone and computer off.

### Nap

You'll feel like a new person after a rejuvenating 30-minute nap.



T S E T Y R Y D E S M X A N L  
Y R K R E D X B T V E X R Q N  
L B A S O R Y I F D D A Y D L  
E N T N Q T L O R S I N V T W  
F O L J Q L S E G P T Y T I X  
C N H L N U J E I A A N P P P  
O A B E K A I L R X T O Z H Z  
L Y S U L G H L Y T I M G N L  
W S P E A C E C I O O R F Y E  
T W Q A W S R A F T N A P V T  
E H T A E R B L C M Y H I E C  
C V S F S C O M Y D I V U S P  
X F B B K H J U J L E B H K W  
P R R B D W O B K R P L U K A  
W P B G Z A K O G Z O F D B Q

## Just Breathe....

There's a reason people say "it's as natural as breathing" when trying to describe something easy, but have you ever taken the time to pay attention to your breathing? Breathing "exercises" come in many different forms and are common in certain meditation and yoga practices, but you don't have to be a monk to benefit from them!

One easy breath to learn is called "4-7-8". To practice this breath you count to four as you breathe in slowly, focusing on expanding your belly and not chest. Next you hold the breath for a count of 7. Finally breathe out for a count of 8, focusing on finishing the breath by the end of 8.

For more information and additional breathing exercises, check out <https://www.uofmhealth.org/health-library/uz2255>

## Go With The Flow...

During yoga we get more air into our lungs with each breath; we don't have to breathe as quickly, and gradually our breathing slows down. This relaxing breathing alters our consciousness and transforms stress into peace. Try this simple Full Sun Salutation yoga flow to help you find your inner peace.



Inspired by: <https://www.thefitindian.com/blog/benefits-of-yoga-and-meditation/>



## How To Make Your Own Slime:

- ◇ A Bowl & Spatula
- ◇ 6oz School Glue
- ◇ 1/2 Tbsp Baking Soda
- ◇ 1/4 Tbsp Contact Lens Solution

*Combine all ingredients, mix, knead, and have fun!*

## Slime is More Than a Toy!

- ◇ It takes your mind off of stressors and calms nerves while releasing tension
- ◇ As you play as your brain gets a break from stress
- ◇ It triggers happy hormones which act as natural mood enhancers
- ◇ It brings back happy memories, many of us are reminded of Playdoh, which we played with when we were kids

