



# PEACE OF MIND

Developing Mental Health First Aid



It is about a sense of **tranquillity** and **confidence**.  
It means that we have within ourselves the **tools to deal with adversity**.

Thus, this ability occurs through **mind control**, where the effects of any external factors such as **stress are also blocked**.

**What is peace of mind?**



- 1. Think Positive**
- 2. Practice meditation**
- 3. Let things go**
- 4. Focus on the present**
- 5. Accept what you can't change**
- 6. Be gentle with yourself**

**Some things you can do to achieve this peace of mind**



If you are pessimistic all the time, you are conditioning yourself to have a bad day, and things go wrong. Every time you have a negative thought, correct yourself immediately and see the bright side of the situation. Move your mind to a more positive mental state.

**Think Positive**



This act of concentration can bring many benefits of meditation into your life, as well as helping you cope better with your responsibility. Also, meditation prevents stress from taking over you.

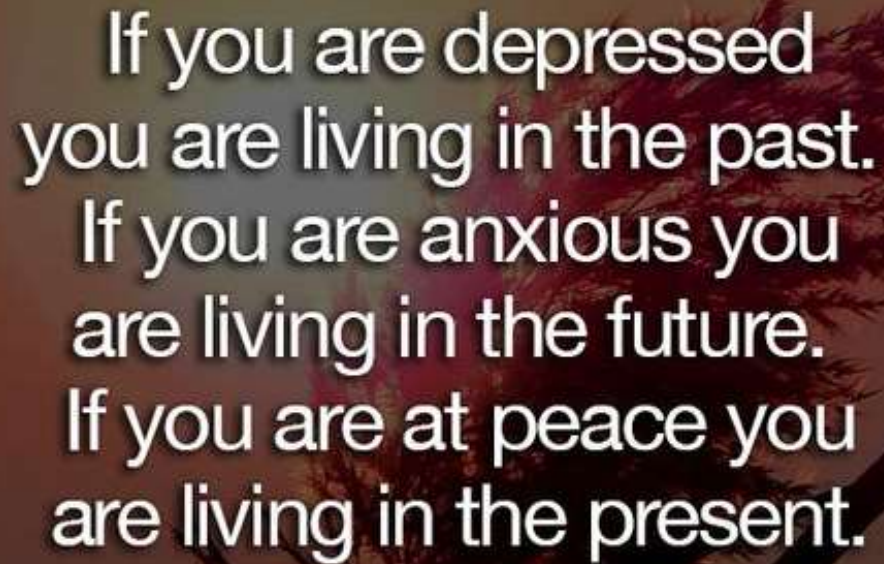
## **Practice Meditation**



Sometimes, bad things happen to us, even though we've done nothing wrong. Finding peace isn't about being passive about what happens to us. It's more so about having the self-control to not let it take over our thoughts and actions.

**Let things go**





If you are depressed  
you are living in the past.  
If you are anxious you  
are living in the future.  
If you are at peace you  
are living in the present.

LAO TZU

FEARLESS SOUL | ITUNES, SPOTIFY, GOOGLEPLAY

**Focus on the present**



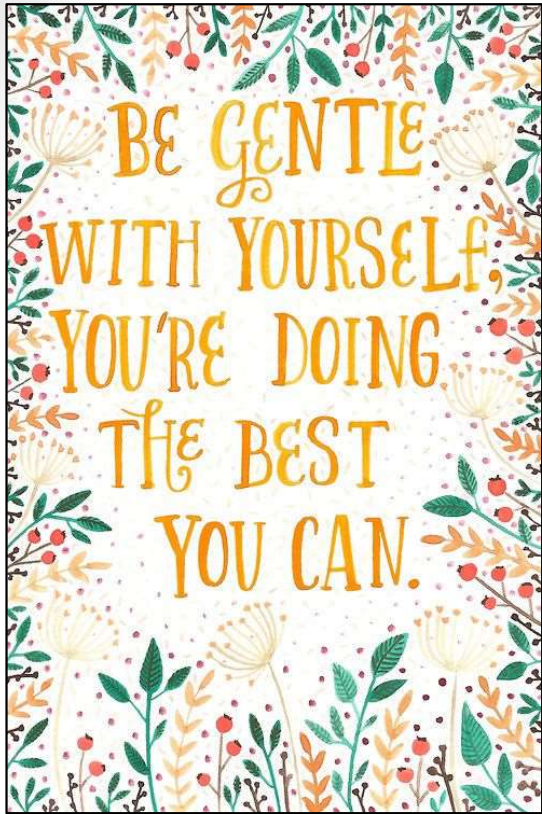
God grant me the *Serenity*  
to accept the things I cannot change,  
*Courage* to change the  
things I can and *Wisdom*  
to know the difference.

## **Accept what you can't change**

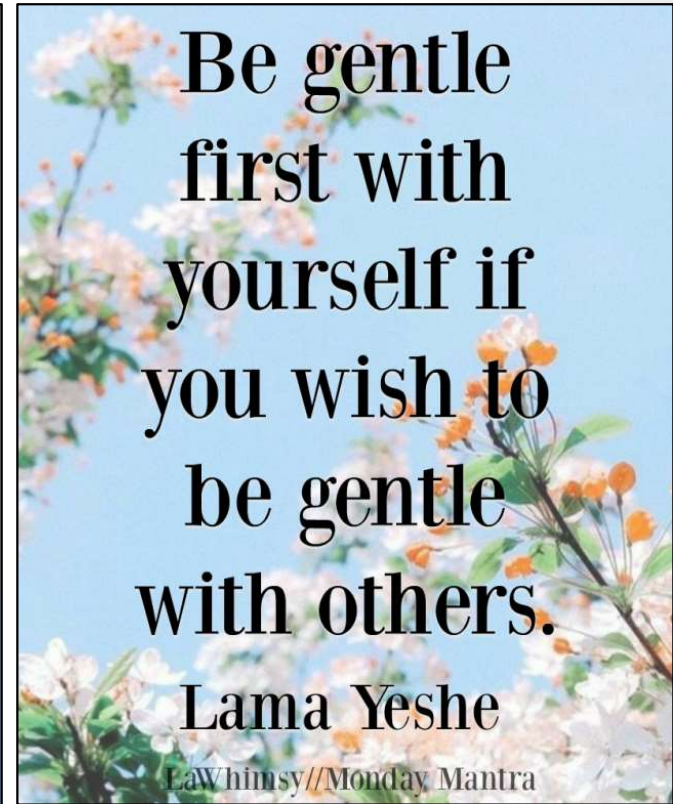
Acceptance is all about controlling what you can  
but accepting what you can't control.







be gentle with  
yourself. you are a  
child of the universe.  
no less than the trees  
and the stars. in the  
noisy confusion of life  
keep peace in your  
soul.  
·max ehrmann·



**Be gentle with yourself**



"PEACE. IT DOES NOT MEAN TO  
BE IN A PLACE WHERE THERE IS  
NO NOISE, TROUBLE OR HARD  
WORK. IT MEANS TO BE IN THE  
MIDST OF THOSE THINGS AND  
STILL BE CALM IN YOUR HEART."

- UNKNOWN



