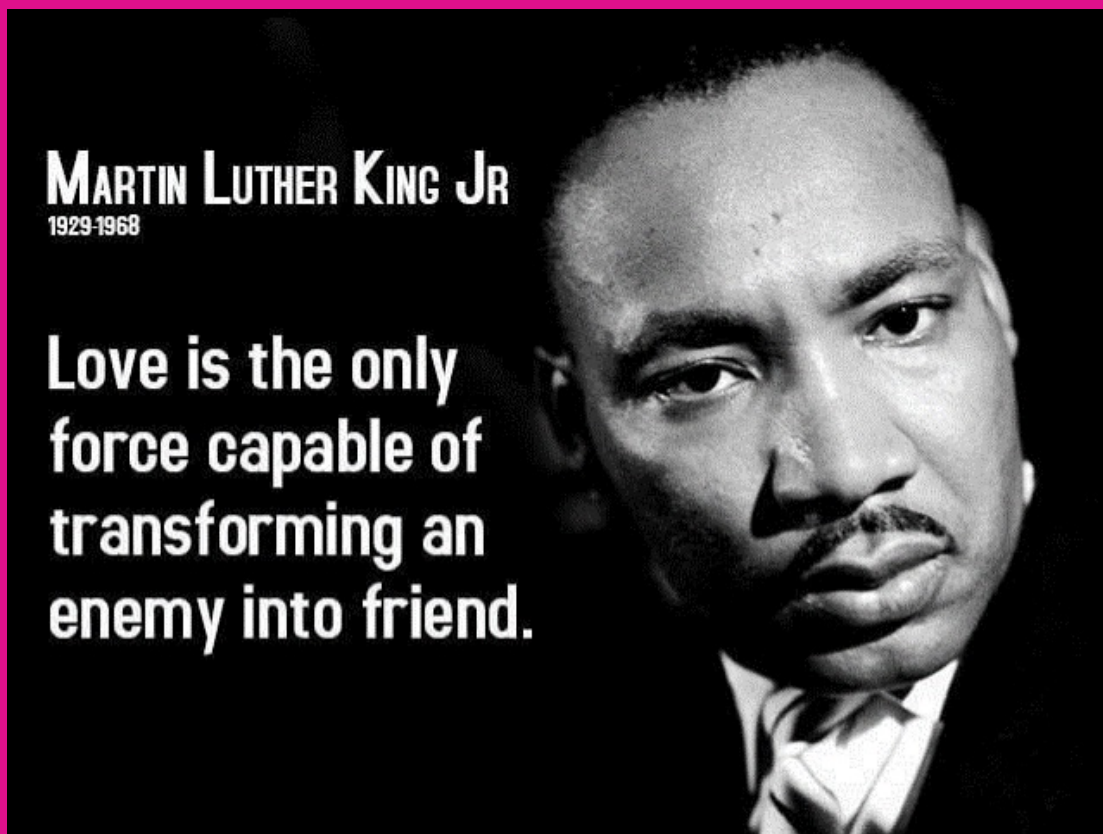




THE WHALE WATCH

*"Looking Out for Yourself and Others"*

## Path To Peace



When connecting with others and talking with them about their personal goals for their life, the desire to find peace in their lives is usually at the heart of many. The upcoming observation of Martin Luther King, Jr. Day gives us a moment to reflect on peace and how to find it. In fact, Martin Luther King, Jr. was quoted to say, "Peace is more precious than diamonds or silver or gold" [Acceptance speech for Noble Peace Prize, 1964 ]. However, as most of us know, peace is something that is often most difficult to attain.

Getting at the heart of peace usually requires a personal

overhaul to achieve mental and emotional balance. It requires us to evaluate our perspective on life, to root out negative or toxic thinking, and to adjust the manner in which we view ourselves and the people and world around us. It also requires us to evaluate the way in which we navigate our relationships, connect with each other, and communicate with the world at large. Lastly, it forces us to identify what is within our control and what is not, and how we can still strive to live peacefully when our world and those in our environment are not.

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## Searching for Peace

As you search for peace, here are some key things to consider:

- **Simplify what you can in your life, eliminate those things that are not truly a priority**
  - **Identify what you are hopeful for**
  - **Be empowered to take steps toward your aspirations**
  - **Live in the present moment, remind yourself that turbulent times do not last forever**
  - **Create little moments now that you can look forward to, and then set up larger goals for when the difficult times end**
  - **Control what you can and accept what you cannot**
  - **Work with people, not against them**
  - **Practice humility**
  - **Practice empathy, rather than judgment. Change only comes with mutual understanding and perspective taking**
  - **Give to others. Giving of your time can help you change your focus away from negative circumstances in life**
  - **Turn to faith and spirituality or lean in to your higher power**
  - **Combat your own negative thoughts**
  - **Experience joy in each moment. Joy is not a goal to obtain, it is available to you anytime. You just have to look for it**
  - **Make time for embracing fun, laughter, and leisure**
  - **Keep up with basic self-care and activities that are self-soothing**
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## **Articles on Peace and Contentment**

**Sustainable Happiness: How to Find Contentment That Will Last**

**5 Simple Actions for Pure Peace and Contentment**

**How To Be Happy: Tips for Cultivating Contentment**

**Maintaining Hope in the Face of Uncertainty**

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**The Center for Student Wellness and Counseling Services is here for you. Let us help you find your path to peace. We are here to support you and help you achieve goals focused on your overall well-being**

## **The Center for Student Wellness and Counseling Services**

**330.325.6757**

**[neomed.edu/cswc](http://neomed.edu/cswc)**

**[counseling@neomed.edu](mailto:counseling@neomed.edu)**

***Local and National Hotlines***

**[Suicide Hotline Information](#)**

**[Suicide Prevention Resource Phone Numbers](#)**

24/7 National Crisis Lifeline 1-800-273-TALK (8255)

Community Crisis Resources