

## Mindful April - What is Peace of Mind? 5 Mindful Tips on Ways to Find It Yourself

Peace of mind can feel frustratingly out of reach when life becomes chaotic. Between constant notifications, responsibilities pulling you in different directions, and the pressure to keep up, your thoughts can start to race and overlap. In those moments, calmness isn't just absent—it can feel almost impossible. Yet peace of mind isn't something reserved for perfect circumstances; it's something that can be cultivated, even in the middle of a busy, unpredictable life.

### What Does Peace of Mind Look Like Today?

Peace of mind doesn't mean having a completely silent mind or a life free from problems. Instead, it shows up in subtle but powerful ways:

- 🌻 Thoughts don't get stuck in a loop
- 🌻 Emotions fit the moment without taking over your day
- 🌻 Recognising physical tension as opposed to stress
- 🌻 Taking a pause before reacting
- 🌻 Letting go of mistakes or annoyances instead of replaying them for hours
- 🌻 It's less about controlling everything, and more about how you relate to what's happening—internally and externally.

### What is Peace of Mind?



At its core, peace of mind is a state of inner steadiness. It's the ability to experience life as it unfolds without becoming overwhelmed by it. Rather than being pulled into every thought or emotion, you begin to notice them, allow them, and let them pass.

It doesn't mean you won't feel stress, frustration, or sadness. Instead, it means those feelings don't completely take over. There's space around them—a sense that you are not entirely defined by what you're experiencing in the moment.

Peace of mind also involves **acceptance**. Not passive resignation, but a quiet recognition that not everything can be controlled. From that place, you can respond more thoughtfully, rather than reacting automatically.

### 5 Practical Mindfulness Tips to Calm the Mind

#### 1. Anchor Yourself in the Present Moment

When your mind starts racing, gently bring your attention to something immediate—your breath, the feeling of your feet on the ground, or the sounds around you. This simple shift can interrupt spiralling thoughts and bring you back to now.

*Try this:* Pause for 60 seconds. Take a slow breath in through your nose for a count of four, hold for two, then breathe out through your mouth for six. As you do, notice one thing you can see, one thing you can hear, and one thing you can feel.

#### 2. Observe Your Thoughts Without Engaging

Instead of trying to stop your thoughts, imagine watching them pass like clouds in the sky. You don't need to follow each one. Not every thought deserves your attention.

*Try this:* Sit quietly for two minutes and label your thoughts as they arise: “thinking”, “planning”, or “worrying” or whatever. Then let each one pass without continuing the story.

### 3. Create Small Pauses in Your Day

Build moments of stillness into your routine, even if it’s just a minute or two. Pause before sending a message, before responding in conversation, or before moving on to the next task. These small gaps help reset your mind.

*Try this:* Choose one daily activity—like making a cup of tea—and do it without distraction. No phone, no rushing. Simply focus on each step from start to finish.

### 4. Tune Into Your Body

Often, the body signals stress before the mind fully registers it. Notice areas of tension—your shoulders, jaw, racing heart or stomach—and consciously soften them. This physical awareness can quickly reduce mental strain.

*Try this:* Do a quick body scan. Starting at your head and moving down to your toes, gently notice each area of your body and release any tightness you find, even if only slightly.

### 5. Practise Letting Go, Gently

When something goes wrong, notice the urge to replay it. Instead of feeding that loop, acknowledge it and redirect your attention. Letting go isn’t about forcing yourself to forget—it’s about choosing not to keep revisiting what’s already passed.

*Try this:* The next time you catch yourself replaying something, say quietly to yourself, “That’s done.” Then shift your focus to something in the present—your breathing, your surroundings, or the task in front of you.

**Peace of mind isn’t something you suddenly achieve and hold onto forever. It’s a practice—a way of relating to your thoughts, emotions, and experiences with more awareness and less resistance. The more you return to these small, mindful habits, the more natural that sense of calm begins to feel.**

To make this poem a meditation, read it slowly, pause between the lines and let the words echo from your heart without analysing them. Feel emotions as they arise and pass, rest in the present moment and ask yourself, “what has this poem revealed to me in this moment?” There is no right or wrong answer, it will be uniquely your own. Next time you read it you might even feel it differently.

## **The Way It Is by William Stafford**

There’s a thread you follow. It goes among  
things that change. But it doesn’t change.  
People wonder about what you are pursuing.  
You have to explain about the thread.

But it is hard for others to see.  
While you hold it you can’t get lost.  
Tragedies happen; people get hurt  
or die; and you suffer and get old.

Nothing you do can stop time’s unfolding.  
You don’t ever let go of the thread. 🌟