




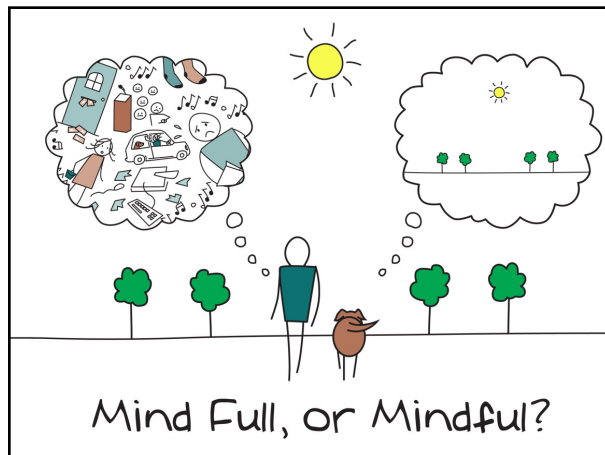
*Coming from a place of peace changes the way we feel things, see things and do things.  
This tool can be used to help identify personal triggers and options for handling  
situations in ways that build relationships and consider others' feelings.*

<b>Scenario:</b>	
<b>Reaction</b>	<b>Thoughtful Response</b>
<i>Thoughts &amp; Feelings</i>	<i>Thoughts &amp; Feelings</i>
<i>Words (verbal and body)</i>	<i>Words (verbal and body)</i>
<i>Actions</i>	<i>Actions</i>



## Mindfulness: The Pathway to a Peaceful Environment

Presented by:  
**Kathy Matthews**  
Licensed Parent Educator, M.Ed., MBA






-  Peace begins within, with thoughts.
-  Thoughts develop words.
-  Words lead to actions.

If thoughts are positive...words are kind and supportive...actions display care and compassion.

### Think of a stressful interaction...



It may be a reoccurring situation that you have to deal with quite often and it tends to trigger your "hot buttons" and "gets you going".

- What did you think?
- What did you say?
- What did you do?



## The power of THOUGHTS

Where attention goes, energy flows.

PEACE Factors: thoughts  words  actions

### PEACE Factor: *Thoughts*

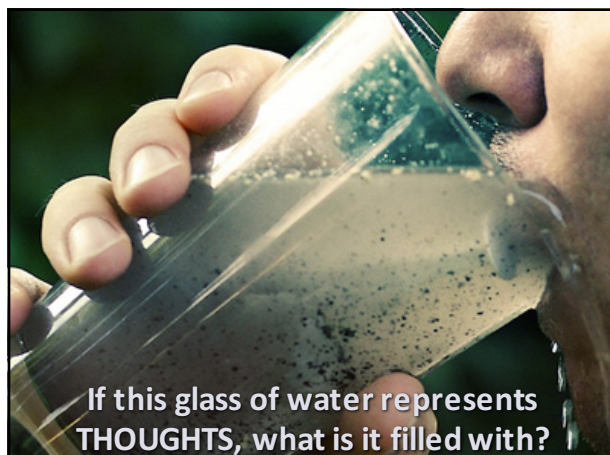
Think of thoughts as a glass of water.






Fresh, clear, clean water



Murky, cloudy water



**Murky thoughts cloud your thinking and may cause you to feel things, say things, and do things differently.**

-  Replaying old tapes.
-  Thinking negative self talk.
-  Taking things personally...to heart.



**PEACE Factor: Thoughts**

- In the moment
  - Undivided attention and eye contact
- Listening
  - "Listen" is "silent" with the letters reconfigured
  - Without judgment
  - Without assembling a response
- Body language
  - You *look* approachable
  - You *look* non-intimidating
  - You *look* interested
- Attitude is positive and in "create peace" mode

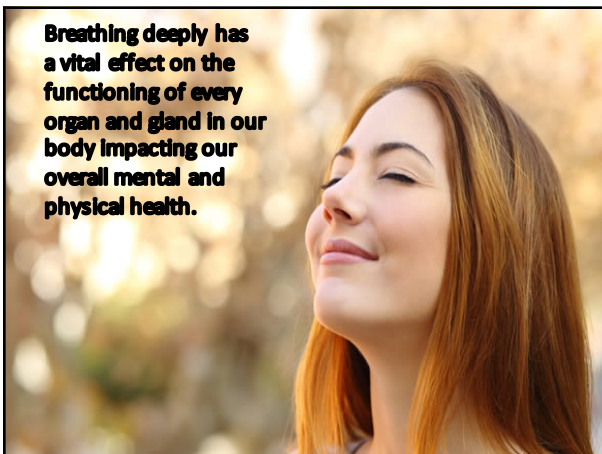
What can you do to help you get from the murky water to the clear water OR not even get in the murky water?



Not present and clouded by judgments.



Present in the moment, respectful of others, viewing things from a place of compassion.



### Create PEACE Consciousness

Strengthen Emotional Intelligence

- Ability to understand self and manage emotions
- Capacity to understand intentions, motivations and desires of others
- Ability to find common ground and build rapport

### Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.

**Angry**

embarrassed, scared, grief, overwhelmed, shame, tricked, frustrated, depressed, disgruntled, distrustful, grumpy, stressed, attacked, trapped, rejected, helpless, guilt, nervous, exhausted, anxious, trauma, annoyed, unsure, envious, disrespected, lamey, offended, uncomfortable, regret, worried, insecure, hurt

The Gottman Institute

### Exercise the Upstairs Brain

Conscious and thoughtful response

UPSTAIRS BRAIN

COLLABORATE

CONNECT

CALM

DOWNSTAIRS BRAIN

Unconscious emotional reaction – BIG emotions (gut or knee-jerk reactions)

### Using the Upstairs Brain

Allows you the ability to...

- Weigh the options
- Consider alternatives and outcomes of those choices
- Consider implications of decisions
- Consider others feelings and perspectives
- Come from a WE perspective rather than a ME perspective

### PEACE Factor: *Thoughts*

Given the situation provided, how could the thought process be managed differently if coming from a place of peace?

## Be the inviting, clear water.

- Be present in the moment.
- Keep your thoughts positive.
- Listen with respect.
- Let go of old baggage.
- Energize yourself and others.



## Thoughts Lead to Words

Before you speak consider this...

Are your thoughts and emotions:

- ✓ Positive or negative?
- ✓ Open minded or closed minded?
- ✓ Accepting or judgmental?
- ✓ Well managed?
- ✓ Considering others?

## More than Words

- Face-to-face conversations involve more than just decoding words – tone and body language are also part of understanding.
- Emotional tone is registered: The amygdala is quick to pick up on the emotional tone of the speech and produces an emotional reaction.

## Mirror Neurons

Emotions, body language, words, and actions are powerfully contagious.



## Mirror Neurons in Action



**What did you notice?**



## How do you want to show up?



## The Impact of Words

- Choose words that are positive, supportive, and allow for discovery.
- Think about:
  - Are my words aligned with my beliefs and values?
  - Will my tone, body language and spoken words project peace?

## Use Words to Promote Peace in Stressful Situations

Acknowledge the person, validate their emotion and just stop talking.

"It sounds like you may be frustrated/sad..."

When things calm you may ask questions to show you care.

- What would help?
- What would make you feel better?
- What do you need?
- What is it that you want me to understand?

## PEACE Factor: *Words*

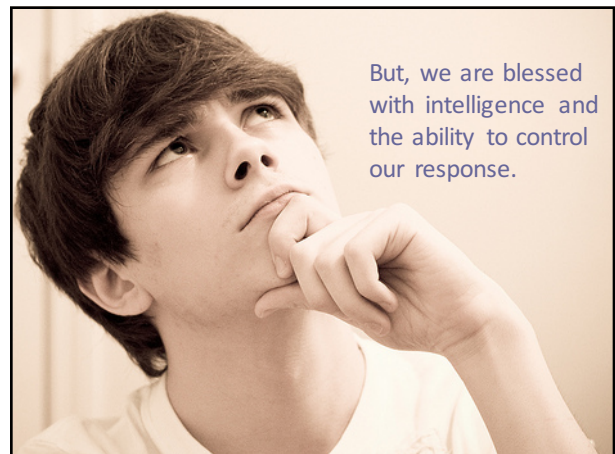
Using the situation provided, what words could be used to promote peace & strengthen community?



## PEACE Factor: *Actions*



It's our natural tendency (basic survival instinct) to protect ourselves when we feel attacked.



But, we are blessed with intelligence and the ability to control our response.

### PEACE Factor: Actions

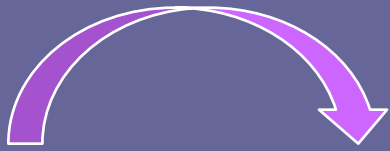
- Acknowledge that an issue exists.
- Act in a way that deals with the situation rather than confronts the individual.
- Work through things logically and analytically to determine how to handle the situation. This allows you to move from a reactive to a proactive state.

### PEACE Factor: *Actions*

Using the situation provided, what might be the best action to take to promote peace and strengthen community?



### Shift Focus Make a Conscious Choice



Negative or unproductive thoughts

Fully present without judgment

Conflict

Build relationships

ME oriented

WE oriented

### An Environment Based on WE instead of ME

- Present in the moment.
- Able to manage emotion.
- Motivated to understand intentions and desires of others.
- Proactive, not reactive.
- Model honesty, generosity, kindness, and respect.
- Energized by infecting others with good feelings leading to improved cooperation, and synergy.

### PEACE Begins With You

What will you do to promote peace?

Thoughts: *My intention is to...*  
 Words: *My words will...*  
 Actions: *My actions will...*



**PEACE**  
*RECOGNITION*  
PROVIDING PEACE

Coming from a place of peace changes the way we feel things, see things and do things. This tool can be used to help identify personal triggers and options for handling situations in ways that build relationships and consider others' feelings.

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