Finding Peace  
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It seems as if every time I turn on the TV or radio, look at newsfeeds, magazines, etc. I hear and see stories of conflict, threats, and war. The world and our country seem to be full of strife. You may be experiencing the same thing. I am reminded that for more than thirty years, September 21 marks the International Day of Peace.

There is more than one kind of peace. Consider personal peace rather than world peace. One of my mentors once told me, “Peace of mind is the best thing in the world to possess. It is up to you to pursue it”. You may be wondering how to find peace of mind. Begin with your resentments. Resentments can stop you from finding peace and happiness. Break the word resent into two words; re sent. Resentment is a negative feeling you continue to send to yourself. The more you experience the feeling, the more likely it will turn into anger. Anger prevents peace of mind. You may be angry at someone else or at yourself. The more you dwell on it, the harder it is to let it go.

Letting go is a process. Sometimes it helps to write about what happened. This can be done in a journal or a letter to the person who hurt you. If you choose to write a letter, don’t worry about spelling or correct grammar. Just get it out! I call it “pencil whipping”. This letter is for you and you alone. Don’t, repeat don’t send it to the person. After you finish the letter, you can do several things. Rip it up, burn it in a safe place, or even bury it. Then think about your part in the situation. If you can’t see that you had a part, ask yourself if you had a part, what would it be? Most situations aren’t one way. It helps look at what you can change and what you can’t change. For each category, identify the reasons you can or can’t change the person or situation. This is the path to acceptance and peace.

If you need to have a good cry, go ahead. Set aside a period of time alone to let it out. Share your feelings with a close friend or family member if you need to. Letting it out helps you let it go. Breathe. When we are stressed or angry, we often forget to breathe. Take full deep breaths and slowly let them out.

Make a daily gratitude list. Keep it simple, not complicated. It could be as simple as seeing a beautiful flower on your way to class or discovering the cafeteria is serving your favorite food that day. I heard recently on KETR that happiness doesn’t make you grateful, gratefulness makes you happy. Happiness leads to peace of mind.

You might want to check out our Relaxation Room. It has four massage chairs that will assist you in feeling relaxed, calm, and peaceful. Students may use the chairs for 20 minutes of peace. You can also pick up a stress star to squeeze for relief of stress.

The Counseling Center is located in 204 Halladay Student Services.

Health Watch

1. Don’t allow others to steal your peace of mind.
2. Remember that letting go is a process.
3. Gratitude creates happiness.
4. Breathing is calming.
5. You are worthy of having peace of mind.