

# P.E.A.C.E. Mindfulness Practice



Mindful awareness is what gives us the ability to choose our behavior. Practicing the P.E.A.C.E. steps below can help us stay present as we bravely face difficult and anxiety-provoking situations that arise in everyday life. Each step can help us tolerate discomfort and mindfully choose the best way to respond, rather than automatically turning to avoidance to manage anxiety.

To use P.E.A.C.E. as a meditation, get into a comfortable position in your chair or on the floor and bring to mind a situation that you fear, avoid, or want to handle well. Read or listen to each step, holding your difficult situation in mind. Maintain awareness of thoughts, feelings, and body sensations you experience.

## **P** for pause

When you realize that things are difficult, just pause.

## **E** for exhale

As you exhale you may want to let out a sigh, or a groan, or even weep. And after you exhale you want to inhale. Just keep breathing...in and out.

## **A** for acknowledge, accept, and allow

As you continue to breathe acknowledge the situation as it is. Acknowledging a situation doesn't mean you are happy about it. It just means that you recognize the situation is as it is, whether you like it or not. It means giving yourself permission to have whatever thoughts, feelings, and body sensations come up for you.

## **C** for choose

When you are ready, and this may take a few moments, days, weeks or even months depending on the situation, choose how you will respond. Your response might take courage to face your fears, and compassion for yourself for how incredibly difficult it sometimes is to be a human being.

## **E** for engage

After you have paused, exhaled, allowed, and chosen your response, you are ready to engage with people, the situation, with life.