

Protecting Your Peace

Thought of the Month

"Your peace is your power."

In today's constantly connected world, it's easy to get caught up in expectations, responsibilities, and the noise around us. Protecting your peace isn't a luxury—it's a necessity for emotional balance, mental clarity, and overall well-being. This month, we focus on creating boundaries, practicing self-compassion, and intentionally choosing what supports your inner calm.

Gentle Reminders & Mindset Shifts

- It's okay to say **no without guilt**—boundaries are healthy, not selfish.
- You are allowed to **pause before responding**—not everything needs immediate attention.
- Rest is productive—**recovery fuels performance**.
- Protecting your peace may require **disappointing others**, but it strengthens your well-being.

Recommended Reading:

Set Boundaries, Find Peace by Nedra Glover Tawwab

Practical Peace-Protection Tips

Create Digital Boundaries

- Silence non-urgent notifications after work hours
- Limit exposure to stressful news or "doomscrolling"
- Schedule designated times to check emails instead of constant monitoring

Practice Energy Check-Ins

Before committing to a task or meeting, ask:

"Does this add to my peace or drain it?"

This simple question can help you make more intentional decisions.

Build Mini Reset Rituals

- Take a 5-minute breathing break between meetings
- Step outside for fresh air
- Stretch or walk briefly to reset your body and mind

Emotional Self-Care Tools

Journaling Prompt:

“What does peace look like for me right now—and what is one small step I can take toward it?”

Quick Visualization Exercise (2 minutes):

Close your eyes and imagine a place where you feel completely calm—notice the sounds, colors, and sensations. Breathe slowly and allow your body to settle into that space.

Create Your Peace Playlist:

Instrumental music, nature sounds, or calming frequencies can help regulate stress and improve focus during the day.



Life Spotlight: Protecting Peace in Action

Try this simple challenge this week:

- **Day 1:** Start your morning without checking your phone for 10 minutes
- **Day 2:** Take a mindful walk (even 5 minutes)
- **Day 3:** Say “no” to one unnecessary commitment
- **Day 4:** Practice deep breathing for 3 minutes
- **Day 5:** Limit social media to 30 minutes
- **Day 6:** Write down 3 things that bring you peace
- **Day 7:** Reflect on what felt most calming and repeat it

Final Note

Protecting your peace isn't about avoiding responsibility—it's about creating the mental and emotional space needed to show up as your best self in every area of life.

Small, intentional changes can lead to meaningful, lasting impact.

**For more information, tools, resources, or app information, call your
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