

PEACE™ framework for Contemplative Practices

Pause: Settle the dynamic, active mind to renew the mind-body-spirit connection.

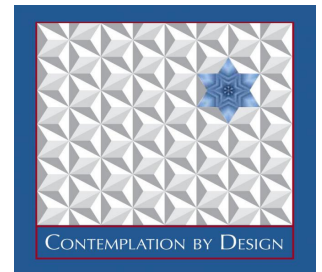
Exhale: Breathe deeply, especially in stressful situations, to restore balance in the nervous system and facilitate the ability to respond skillfully to stressors rather than react or repress.

Attend: Be aware of the present moment experience by mindfully attending to sensations, thoughts and emotions.

Connect: Compassionately connect to what is happening now: in nature, intra-personally, interpersonally and as a community member — and discern how to relate in ways that sustain health and happiness for oneself and others.

Express: Express oneself in authentic, creative and compassionate ways — including design, art, scholarship, friendship and community service and volunteering.

PEACE™ practices foster distress tolerance, emotional intelligence and compassionate action.



PEACE™ framework for Contemplative Practices

Pause: *Stillness practices:* Quieting the mind. Silence. Centering prayer.
Meditation

Ritual/Cyclical practices: Cultural or spiritual ceremonies/rituals.
Establishing sacred/personal space, retreats.

Exhale: *Breathing and breath-based movement practices:* Walking meditation.
Yoga, Qigong. Tai Chi. Aikido, Labyrinth walking.
Contemplative dance. Breathing/Pranayama.

Attend: *Mindfulness:* Present moment awareness of sensations, thoughts and
emotions. Open-monitoring and focused-attention meditation.

Connect: *Generative Practices:* Journaling. Values clarification. Visualization. Loving-
kindness, sympathetic joy, or compassion meditation.

Relational Practices: Community contemplative pause. Deep listening.
Dialogue. Council circle. Storytelling.

Express: *Creative Practices:* Art. Music. Theater. Improvisation. Hobbies. Vocation.

Activist Practices: Community-engaged learning/research/service.
Volunteering. Pilgrimage. Vigils. Marches.

Learn More at <https://contemplation.stanford.edu/thriving-contemplation>