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.

Stanford Contemplation by Design

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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.  

*Activist Practices:* Community-engaged learning/research/service.  

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