

10 Tips to Remain at Peace in Today's Disharmony

By Cindy Nolte



Social pressures, political discourse, violence and personal struggles are all around us. We can remain at peace even through trying times if we follow these 10 simple tips for remaining at peace in today's disharmony.

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1) Do what you can to help those that you can -be it yourself or others- and let go of the rest.



2) Focus on others willing to spend time helping others without expecting anything in return. There are people who are doing extraordinary things to make the world a better place. Allow them to inspire and uplift you.



**3) Love with your whole heart.
Love your friends, your family,
your neighbors, and your pets.**



**4) Laugh. You cannot laugh and
feel hopeless at the same time
so laugh even when you think
you can't.**



5) If you are sad, take time for yourself to reset however you need. Everyone has a certain activity that can take them from feeling forlorn to feeling recharged. Be willing to partake in the activity even if you feel like this time it won't work.



6) Exercise is a natural mood enhancer. If you are down, exercise.



7) Meditate. It is the cornerstone of every peaceful school of thought. Give it a try!



8) Smile alone, in crowds, at those you know and those you don't know. It is contagious. Before you know it you will feel joy coming back to you.



9) Understand that life changes in all areas. It is essential that we acknowledge the impermanence of tough times. Remember that this too shall pass even if it seems like it is different.



10) Believe in something outside of yourself—a greater power how you wish to address Him/Her/It is insignificant—just know they have your back.



Despite any tragedies and disharmony that have taken place, I believe life is a gift. Every day we can make a decision to make the world a better place through our own actions.

Peace Challenge:



My vision is to help to create a domino effect with my own good deeds, leaving an imprint on the world that will far outlive my natural life. If I have inspired you, go do something for somebody today. Start with your community and spread the message of peace nationally and worldwide one community at a time. Make the world a better place.

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Share this and inspire others to do the
same!

I wish you peace, love and joy beyond your
imagination!

~Cindy Nolte

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