











WHAT YOU CAN DO FOR PEACE EVERYDAY

-  **Inner Peace:** Practice deep breathing and mindfulness so that you can interact peacefully with others and the world around you.
-  **Take a Break:** when you are becoming stressed - go for a quick walk, look at something beautiful or take a brief rest with your eyes closed (positive distraction).
-  **Safety:** Get involved in the [Civic Coalition to Save Lives](https://tinyurl.com/f3sryuuw), which supports gun violence prevention. <https://tinyurl.com/f3sryuuw>
-  **Environment:** Take care of the environment by recycling, composting and buying less plastic. [See composting guidelines here https://tinyurl.com/3nd42cbu](https://tinyurl.com/3nd42cbu)
-  **Environment:** Explore the environment related resources from [Roots and Shoots](https://tinyurl.com/mpk9wk48) for your students or children. <https://tinyurl.com/mpk9wk48>
-  **Global Action:** Learn more about the UN's [Take Action for a Peaceful World](https://tinyurl.com/ythpmzxs) campaign and see their 10 Actions for a Peaceful World. <https://tinyurl.com/ythpmzxs>
-  **Community Engagement:** Get active in your community, meet your neighbors, and work with them to organize block cleanups, meetings, or block parties.
-  **Advocacy:** Write a letter to the editor of a local newspaper on a peace/justice/unity related topic or volunteer for a compassion-based organization.
-  **Volunteer:** for a social change/peace/justice/compassion-based organization.

"Forgive someone who has hurt you. Whether they are regretful or not, letting go of that hurt will make your heart more peaceful."

-  **Relationships:** Work to find compromise and listen to understand in interpersonal relationships.

