



A Quiet Place

5 Ways to Find A Peaceful Place All Your Own

Wouldn't it be wonderful to have a dedicated spot that cultivates a sense of calm? No interruptions. No stressors. A consistent space devoted to tranquility through meditation, prayer, or both. Studies have shown that practicing mindfulness can positively impact aspects of health such as anxiety, depression, chronic pain, illness, and addiction. It can also improve functional brain activity in the areas of awareness, concentration, and decision making—all good things! Here are a few ideas to help you create the perfect, peaceful place.

1

Define Your Feel-Good, Functional Space

An entire room isn't necessary to relax. A corner or small area where you feel serene and comfortable works and can be the launch point for your space. Outdoors, a patio or flower garden makes a beautiful backdrop. It's about finding an area with little distraction to shake off the daily grind. Cozy places make heavenly spaces.

2

Tidy Up

It's difficult to relax while surrounded by clutter or chaos. If too much is going on, distractions will be unavoidable. Rather than praying for peace and guidance, you may end up asking God to send Marie Kondo, stat. Let nothing steal your focus or overrun your sanctuary.

3

Get Comfy

From color palate to cushions, your space should help, not hinder relaxation. Whether bold colors sing your name or neutral palettes gives you peace, the only rule when creating solitude is finding what works for you.

4

Bring the Outdoors In

Natural elements can provide a soothing note for inner peace. Sunlight, plants, fresh-cut flowers, and scents such as lavender help induce calm. Incorporating stress-relieving items into your space creates a frame of reference for the mind that this is where relaxation happens.

5

Portable Peace

When traveling, pack your devotional, candle, essential oils—portable items that assist recreating the familiar. Your body, mind, and spirit will adapt because when it comes down to it, the real key to quieting the mind and connecting to your soul is attitude.