

2021 The International Year of Peace and Trust



Inner Peace - (peace of mind, serenity and calmness, and often attributed to self-love and acceptance).

Some ideas you might like to try yourself and/or perhaps share with your family:

Practise [Mindfulness](#) maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment. When we practice **mindfulness**, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future

Gratefulness

Being grateful for all that you have in life is one way to achieve inner peace and happiness. [Gratitude](#) helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

Maybe start keeping a gratitude journal, as a family, ask everyone to contribute what they are grateful for. Perhaps start planning for [World Gratitude Day](#) (September 21).

Self Esteem

Some [top tips](#) for all of us to try, [including talking ourselves up](#)

Maintain a [growth mindset](#) the belief that our their talents can be developed (through hard work, good strategies, and input from others).

