

# Nurturing Peacefulness

*Editor's Pick. Written by Kerry Spina.*

Just the word 'stress' can make our heart pound, thoughts run wild and body react. Peacefulness is a virtue that can bring the opposite reaction to stress. Balance is restored and nurtured with peacefulness. Peacefulness gives us permission to rest and care for ourselves. It fosters harmonious and respectful relationships along with a sense of safety in our environment. It gives us the opportunity to use our words to solve problems and to be a peacemaker in our relationships, family and community. It opens our heart to parenting with patience, love and compassion.

Read the full thing at [PositiveParentingConnection.net](http://PositiveParentingConnection.net) »