



Calm down. Take it easy. Can you “chill out” in the heat of the moment?

So what ultimately separates us from this serenity? Sometimes, circumstances are not to our liking. We encounter struggles at every turn: chaos in the world, responsibilities at home, work pressures, relationships, parenting decisions... life. The truth is, potential battlegrounds are everywhere. Most times we help create them and almost always choose to be in them. At those crucial moments, we make our toughest choices. Do we respond or react? Do we meet challenges with peaceful thoughts or panic? Are we in control of our emotions or do they escalate, ruling us until words and tempers explode?

Remaining calm and peace-loving in situations is not necessarily instinctual. Most people do not come by it naturally. We are or can be very emotional and passionate beings. We like defending our opinions. We enjoy the release of letting others know “how we feel.” We’ve all gone to extremes to justify being right, yet we are seldom right at those particular moments.



Research reveals the benefits of a calm and peaceful attitude to life. Our health is affected by our choices. When we are distressed and agitated, hostile or unforgiving, there are great demands put on the heart, cardiovascular system and immune system. Chemical stressors increase, while healthy reserves are depleted.

To opt for a peaceful outlook does not mean ignoring our circumstances or becoming complacent; rather it requires more from us. Make a decision to promote self-confidence and self-control. By resisting the temptations to overreact, we effectively gain the ability to respond. The decisive choice to be a peacemaker is rewarding emotionally, physically and spiritually.

Develop deep-breathing techniques or calming statements in your internal dialogue to resist temptations and meet the challenges of each day. Simple activities such as taking a break, a short walk or listening to music will calm, renew and strengthen.

**You and your family do not have to struggle alone. LCFS counselors help families generate hope and cope with life’s challenges. Most insurance plans accepted; sliding-scale fees are available on a case-by-case basis. For more information or to schedule an appointment, contact us at [lcfs\\_info@lcfs.org](mailto:lcfs_info@lcfs.org) or 800-363-LCFS (5237). Discover LCFS and the services we offer at [www.lcfs.org](http://www.lcfs.org) and [www.facebook.com/LCFSIL](http://www.facebook.com/LCFSIL).**



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**LCFS offers counseling  
at the following locations:**

**Northern Illinois**

Grace Lutheran School, River Forest

**Central Illinois**

Trinity Lutheran School, Bloomington

LCFS office, Decatur

LCFS office, Springfield

**Southern Illinois**

LCFS office, Belleville

LCFS office, Mt. Vernon

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Lutheran Child and  
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