# Article information:

Peace of Mind: How to Find It, Keep It
<https://www.verywellmind.com/peace-of-mind-how-to-find-and-keep-it-7369842>

# Article summary:

1. Peace of mind is characterized by feeling comfortable with oneself, being able to handle stressors, and having a positive outlook on life.

2. Lack of peace of mind can lead to stress, insecurity, anxiety, depression, and conflict in relationships.

3. Reframing negative thoughts, accepting things that cannot be changed, not linking happiness to external circumstances, and practicing self-care are ways to find and maintain peace of mind. Seeking support from a mental healthcare provider may also be helpful.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article "Peace of Mind: How to Find It, Keep It" provides a helpful overview of what peace of mind looks like and how to obtain it. However, there are some potential biases and missing points of consideration that should be addressed.

One potential bias is the emphasis on individual responsibility for finding peace of mind. While it is true that reframing negative thoughts, accepting things you can't change, and practicing self-care can help improve mental well-being, it is important to acknowledge that external factors such as systemic oppression, poverty, and trauma can also impact one's ability to find peace of mind. The article could benefit from discussing the role of social determinants of health in mental health outcomes.

Additionally, the article does not address the potential risks associated with reframing negative thoughts. While challenging negative self-talk can be helpful, it is important to note that this approach may not work for everyone and could potentially exacerbate symptoms for individuals with certain mental health conditions such as depression or anxiety.

The article also presents a somewhat one-sided view of relationships by emphasizing empathy and healthy relationships without acknowledging the potential challenges and conflicts that can arise in any relationship. It would be beneficial to include information on how to navigate difficult relationships or conflicts in order to maintain inner peace.

Overall, while the article provides useful tips for finding peace of mind, it could benefit from a more nuanced discussion of external factors impacting mental health outcomes and potential risks associated with certain approaches.

# Topics for further research:

* Social determinants of mental health
* Impact of trauma on mental well-being
* Risks of reframing negative thoughts for individuals with depression or anxiety
* Navigating difficult relationships for inner peace
* Conflict resolution in relationships
* Intersectionality and mental health outcomes

# Report location:

<https://www.fullpicture.app/item/be3e47c968200bc8d3fe1720cb1991a4>