

Happiness In Hard Times™

How To Be Happy When Times Are Tough & Help Others To Be Happy Too!

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Wrap The Pain In Love

Michele Moore / Happiness Habit

Stay with me now, this may sound a little bit hokey but it really works. And once you get through this step, our other recommendations are relatively simple and straight forward.

It's no surprise that hard times and devastating changes can be very frightening and emotionally painful.

What's The Secret To Dealing With These Difficulties Well? Wrap Your Fear And Pain In Love.

Whenever you feel emotional pain, worry or fear, mentally wrap it in love. Take a long, slow, deep breath, exhale. Continue to breathe deeply. Give yourself big, warm, comforting, hugs. No one needs to know what you are doing. Mentally wrap yourself in warm, comforting, love. You will feel much better.

If you find this hard to do, remember what it's like getting warm, comforting, hugs when you are worried, sad, afraid or upset. Recall how much better you feel when you are comforted, hugged and reassured.

Recall and relive those comforting experiences and recreate warm, wonderful feelings whenever you need them. Take a long, slow, deep breath. Wrap yourself and your fear and your pain in love and give yourself big, warm comforting hugs. You will feel much better.

The more vividly you remember those warm, comforting feelings and the more vibrantly you recall how much better you feel, the more powerful this process becomes. And the more you practice taking a deep breath and enjoying those big, warm mental hugs, the easier, more natural and effective it becomes.

Real physical pain often accompanies emotional pain when we are worried, fearful or badly stressed. Emotional stress brings on patterns of severe muscle tension and pain that is felt throughout the body.

Relief from stress induced pain comes from finding ways to relax those tight, tense, painful muscles. Breathe deeply and giggle. Walk, exercise, dance wildly to crazy music, work out hard, breathe deeply. Try to shake out and work all the tension out of your body. When we are at our best our bodies feel relaxed, fluid, flexible and free. Breathe deeply, giggle, stretch and recreate those relaxed, fluid, flexible feelings in your mind. Try to take them on in your body when you are stressed.

Whenever you feel worry, stress, emotional pain or fear, take a long, slow, deep breath, giggle and give yourself big warm comforting, loving hugs. **Feel The Pain And Fear And Wrap It In Love. You Will Feel Much Better.**

Wishing you great happiness and spiritual success,

Michele Moore and the Happiness Habit® Team