

Title:

Focus On Your Mental And Emotional Side To Gain Self Improvement Starting Today.

Word Count:

584

Summary:

Not everyone believes this but the emotional and mental aspects of a person, when combined, le

Emotions love to dominate our actions and reactions, even though we do not want it to happen s

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Keywords:

Article Body:

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Positive emotions are a lifelong goal for many of us concerned about emotional health and self

People tend to put their positive emotions behind their negative feelings. This is one of the

There is no clear way to ignore a negative experience and try to replace it with a positive on

For example, when you were a child, if your goldfish dies, you would be heartbroken. Your pare

Things get even more complex when you become an adult. A fight with your spouse the night bef

All this because that one negative thought has contaminated the way you perceive the reality a

In this moment you will realize finding a safe place to relax your mind will do wonders for yo

That place is relatively easy to find. It can be an actual place or an imaginary location. The

Let us say you have a problem on your mind and it just would not go away. Go bowling. Do not k

Get caught up in the game. Your mind will drift away from the negative thoughts that dominated

A safe haven can take many forms. It can be a song, a movie, even a person or animal. The main

You might still get flashes of the problem every now and then. Ignore it and get even more abs

When the bowling game, the song, or the movie ends you will abruptly return to reality. You wi

The safe place exists only as a helping hand, not as a solution to your life's problems, may i

You will return from your safe zone with an increased energy level. You will feel better about

This is how a small escape from a harsh reality can increase your emotional and mental health.

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