

Bad Moments!

Dear Penfabricans,

Life is always interesting, mesmerizing even, as it mysteriously unfolds minute by minute, day by day. Life comes in successive sequences. After struggling through one sad phase in our lives, we may well next be greeted by a happy and invigorating occasion. Happy times always seem to fly by so swiftly while difficult times seem so static. Such is our perception of the passing of time: good times don't last long enough; hard times feel like an eternity.

When we go through rough patches or life's difficult moments, we need to take stock and try to overcome them with some extra nurturing, gentleness and care from people who are close to us. It is also vital that we treat ourselves with more care and gentle understanding. Difficult times bring about anxieties, poor feelings and bad mood. Knowing that we are in a foul mood, we should then take action to relieve ourselves of the burden. Going out to do things that we enjoy will temporarily relieve us of such anxiety. It would surely help us to gloss over the difficult times.

Talking to close buddies or writing down our suffering during difficult moments will also help us heal the mental wound, little by little. Nothing heals better than time. Let time slowly but surely diminish the pain and suffering, thus dulling the pain and making it more bearable. This is how we mitigate and wade through the tough hours of our lives before happy times present themselves again.

Mulling and pondering too much over difficult times drain our energy. It also makes our lives more miserable. This is not what life is all about. Life is about experiencing happy times and celebrations. Life is about living it to the fullest and enjoy being sweet natured, careful never to undermine or being critical of others. Let us live our own lives while we help others to enjoy theirs. All of us experience tough times in our lives. This is what life is all about: Ups and Downs. Live with it.

Have a blessed weekend. Enjoy happy moments while getting ready not to unnerve ourselves when the next bad moment pounces upon us.

Thank you.



With kind regards,
HSTeh.