

Things I Wish I Would Have Known as a Child

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1. Process emotions, don't suppress them. If you suppress them it will damage your health over the long run. Just let yourself experience them, they won't kill you even though they may be uncomfortable.

2. Make decisions based on the way you feel not based on what you think you're supposed to be doing or what other people think you're supposed to be doing. You can use logic and your brain to help make the decision but ultimately it should be based on how you feel about it. I don't necessarily mean that if you are angry that you should make a decision based on that anger. If it is a fleeting feeling like anger then give yourself plenty of time to process it first before making a decision.
3. Having good relationships is very important to the well-being of human beings. Try not to avoid building relationships just because it is difficult. If you are scared to communicate with people then consider ways to make it easier. Look it up online or ask for advice if you're not sure what to do.
4. If part of your body feels ill or damaged don't just ignore it. It is a warning sign from your body, an indication that something is out of balance. If you ignore it then it is likely that it will get worse. It doesn't matter if other people don't believe that there is something wrong, it matters that you take care of your health.
5. If something isn't working for you that is if it doesn't feel good assume that you could just push through it and then it will get better. The way you feel about it now is likely the way you will feel about it in the future, only stronger. This doesn't necessarily mean you need to give up. There maybe a creative solution (a compromise) that works for you.

For example if you hate going to school don't assume that somehow, magically in the future, you're going to like school. It usually doesn't work that way. If it is absolutely necessary to go (and it probably isn't) then perhaps you can workout some ways to make it easier. For example, if getting up early is one of the main issues then maybe you can go to school later in the day? Also, don't be so obsessed with being good and doing the right thing that you go to school even on days when you really don't feel like it. It's okay to take days off and just lie in bed if you feel like it. You don't need perfect attendance. The students who are obsessed with getting high grades and getting into the best colleges generally aren't the happiest (although there

are exceptions). You can also consider dropping out of school if that is what your inner guidance is telling you. You may receive a lot of warnings from other people not to do it, but people generally don't end up regretting the decisions they made based on their inner guidance.

6. Take care of the fundamentals such as sleep, eating a healthy diet, and having enough social interaction. For example if you are sleep-deprived then it's hard to be happy. Occasionally it maybe okay to skip some of these things, but it should be because you are excited about whatever it is that you are going to be doing instead of sleep (as an example) rather than because you are afraid of missing out on something or because you think you are supposed to be doing something else.
7. Remember you don't always have to be doing something. Doing nothing is a legitimate choice and sometimes it is the best choice. It is easy to overstimulate yourself particularly with modern technology such as smartphones and computers. You may end up just constantly chasing the next dopamine fix rather than actually doing something that feels worthwhile if you're not willing to just sit still and do nothing some of the time.