

Focus on your mental and emotional side to gain self improvement

Not everyone believes this but the emotional and mental aspects of a person, when combined, leads to better self improvement.

Emotions love to dominate our actions and reactions, even though we do not want it to happen sometimes. The society often see emotions as a sign of weakness, so people are used to putting them aside and focusing on the rational aspects more and more.

No matter how strict and logical you may be, you will always feel. One way or another, someone or something will get through you.

Positive emotions are a lifelong goal for many of us concerned about emotional health and self improvement. What is more important; the amount of money you made during your life or the times you laughed out of sheer joy?

People tend to put their positive emotions behind their negative feelings. This is one of the biggest problems that people come across during their lives.

There is no clear way to ignore a negative experience and try to replace it with a positive one. Life just does not work that way.

For example, when you were a child, if your goldfish dies, you would be heartbroken. Your parents will probably buy you another goldfish but the sorrow is still there.

Things get even more complex when you become an adult. A fight with your spouse the night before will affect your entire day. You will go to work angry, tired, and your mind will wander. On the way home from work you will not notice the sun shining and you would not be tempted to stop at a roadside stand to pick up some fresh fruits and vegetables.

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

In this moment you will realize finding a safe place to relax your mind will do wonders for your emotional and mental improvement.

That place is relatively easy to find. It can be an actual place or an imaginary location. The best idea is to totally lose yourself in it.

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

bowling. Do not know how? Just give it a shot.

Get caught up in the game. Your mind will drift away from the negative thoughts that dominated your last hours or days and start processing a whole new kind of information.

A safe haven can take many forms. It can be a song, a movie, even a person or animal. The main thing is allow yourself to get completely involved with this new activity.

You might still get flashes of the problem every now and then. Ignore it and get even more absorbed in what you are doing.

When the bowling game, the song, or the movie ends you will abruptly return to reality. You will probably want to retreat back to the safe place. Do not do it.

The safe place exists only as a helping hand, not as a solution to your life's problems, may it be a small or big. It serves only as an escape route.

You will return from your safe zone with an increased energy level. You will feel better about yourself and gain more confidence. You will see that any issue can be resolved.

This is how a small escape from a harsh reality can increase your emotional and mental health. Try to do this often and you are on your way to better self improvement.