

8 things to remember when life is so hard that you want to give up

Keep in mind 8 things to remember when life is so hard that you want to give up to overcome the stormy day and have more motivation to move forward!

1. 8 things you can do when you feel bored
2. 10 helpful tips to help you think positively and live more optimistically
3. 7 hard facts to help you improve your life

This life likes to push us to every limit of our own breakthroughs; But sometimes it seems that everything has gone too far and made us fall into a pitfall. This feeling does not mean that you should give up everything, but it shows you that you need to **step back and balance all emotions** .

In life, everyone has to experience many emotions. There will be times when people are extremely happy, so happy that they are walking on the clouds, but of course it is inevitable that when the sadness and despair as if the earth is falling, tomorrow will be the end so.



All of us often get bored because this life seems so harsh when we need to go through certain events in our lives. These life lessons make us stronger and more able to **solve the problems that** occur in life. So, the feeling of brokenness is like the gift that life gives you to teach you.

If you don't know how to regulate your emotions, your child can cause foolish, irresponsible actions. Therefore, the most important thing when feeling bored is **to think positive** so that you do not fall to the bottom of the

abyss.

Keep in mind **8 things to remember when life is so hard that you want to give up** to overcome the stormy day and have more motivation to move forward!

1. Cracks help light "shine through"



If you do not constantly feel bored, then there is no place for ' *light* ' to illuminate your soul. Basically, we all have to go through horrible, heartbreaking things to be able to see good things in life, through which we will have **more positive views** . If there are only good experiences in life, we will not be able to grow and become strong and resilient.

You cannot expect an easy life because it will miss the tormented experience, smash and tear you apart so that you can become an upgraded version. Many things will be found when we feel " *broken from inside* ". So remember to take this every time you feel exhausted in a bitter life.

2. Accept and respect all emotions, don't fight them back



Don't feel bad every time you have a negative or heavy feeling , if you don't have a heavy mood, it's not human. Certain strong reactions may occur like crying, screaming, collapsing - the usual manifestation of emotions, **accept and leave them out of our lives** . Trying to suppress everything from the inside will ultimately be counterproductive, so don't be afraid of others assessing your feelings.

Resisting your emotions will only make you delay the incident and you will go around that feeling with a burden on your shoulder. You have to be brave towards the inner position, which contains deep emotions that can start working through them and find out all that you have experienced.

3. Why 'start'



Through difficult times, we often forget our original goals. We all come here to be loved wholeheartedly, to spread joy together. When you are depressed, you can easily forget your mission, but going through ups and

downs really makes your purpose deeper.

Always keep in mind why starting and relating to negative circumstances has helped you to understand how comprehensive the problem is and serves well for the purposes that you come to Earth.

See also: When everything you do is not necessarily nonsense!

4. Remember about everything that exists on grief



Don't just because of your boredom, but that the whole world has to share it with you. It doesn't mean that every day is bad or what bad thing you experience is that the whole world suffers from the end of the world. So remember to draw the experience for the next time when you overcome difficulties.

Think of the fact that you can still breathe, watch the clouds fly in the sky on a beautiful sunny day, feel the breeze, laugh with strangers, . all the good things even when you body is feeling bored.

Remember all the good things that happen on this planet even though you are temporarily unhappy, the whole world will not be dark or gloomy.

5. Remember that friends and family are still there to support you



When you hate life, friends and relatives will encourage and be a solid spiritual fulcrum when needed. **Do not hesitate to seek help**, because we all need their support whenever we get stuck. If you think that is a burden for them, think about how you shared with them and those who care about you are always willing to do so to you.

6. Focus on things that make you happy



Often when we are sad, we will pay full attention to frustration and forget things that make us happy. Step outside, enjoy some sunshine, plant some flowers, ride a bike, go to coffee with your friends or just do anything that makes you a little happy.

Just because you feel crumbled inside, doesn't mean you have to give up your awake time to reflect on emotions in the chaotic sea.

7. Don't try to understand too much emotion



Keep in mind that you **don't really own your emotions or thoughts** , they all come and go on your own, you can only see them even if you don't invite them. Think like this: you actively invite relatives and friends to your home, but don't knock on your emotions and invite them to your brain.

This doesn't work, so keep in mind that understanding and empathy for bad emotions is not necessary. You are far more valuable than temporary emotions, so don't let them control.

8. Life is a series of ups and downs and all difficulties and challenges are temporary



" After the rain the sky is bright, if tomorrow is not clear, then the day after tomorrow will have to stop .

Just like emotions, every situation just comes and goes in minutes. Think too seriously, then forget that you will not have to be so sad for the rest of your life. Enjoy **every moment** , even in arduous times and frustrations, because when you turn your head and look back, you will thank the suffering of your happiness because you are all teachers on the way you are going. .

Seek and seize opportunities in all difficulties, because **everything is only temporary for the time** being. Stop the self-criticism and immerse yourself in failure. **All wounds will be healed over time** .

See also: How to give up a malicious relationship and love yourself more?

Having fun!

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