

Whether it be hurts of the body or hurts of the mind, nobody likes to feel bad. Nobody likes to be in pain. Yet one way or another, we all have to endure upsets from time to time, each in our own different ways. When we're hurting, it's important to remember that pain is just a part of life that everyone must experience from time to time. It doesn't mean you did something wrong to deserve it. It doesn't mean you're flawed, or that the world is out to get you. Like eating or sleeping, playing and working, pain is just a part of the experience that is life. The good news is that it can't go on forever. All wounds eventually heal; all ill fortunes eventually turn for the better. And when our wounds heal, having endured these hurts can make us even stronger and better than we were before. So when you're feeling down and out, try not to focus on what has you down. Instead, think about all the good times that lie ahead, and of how much stronger and wiser you'll be once it's all-over. Most of all, think about all the people who love and care for you, and are there to help you see it through. We're all rooting for you!

