

Enjoy Your Day Today

“Happy”

We all want to become better, happier people, and we work pretty hard at it. The marketing world keeps reminding us that we are not even close to our potential and holds up endless images of perfection that reinforce that idea. The solution advertising offers is a better appearance, more friends, accomplishments, public recognition, power, etc. We are programmed into being defined by external factors.

Additionally, self-help resources are everywhere. There are seminars, healers, books, lectures, and retreats, much of which can be helpful. The message is “if I had more of ‘_____’ I would be a happier person.” This includes wisdom, the tools on this web site, less pain, etc.

What we really mean when we say that we want to be happy is that we would like to experience less anxiety.

The “Abyss”

Many if not most of my patients would test out just fine on a psychological test. But chronic pain will take you down anyway. It causes extreme anxiety and frustration. I define “The Abyss” as:

$$\text{Anxiety} \times \text{Anger} \times \text{Time}$$

As I pointed out in [“The Abyss.”](#) it represents a very dark area of your brain. My patients cannot put it into words. I spent over seven years in a severe burnout. My experience also included chronic pain which was an intense burning sensation in both of my feet. I have “pre-tested” every millimeter of the pathway outlined on this website. All of my Mind Body symptoms have essentially disappeared.

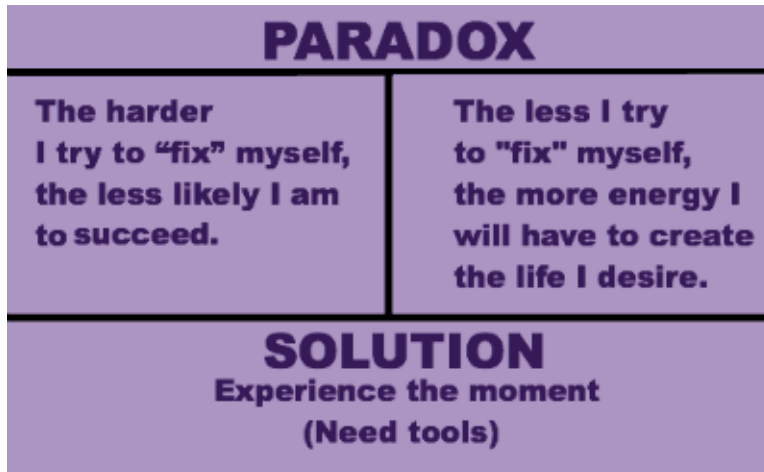
Suffering from chronic pain is far removed from being happy.

The Paradoxes

- This entire process is a paradox. The harder you try to get enough of the tools to “fix” yourself the less likely you are to be successful in becoming pain free (or happy). It is critical to understand that you have to enjoy your day with the idea that your pain or your life circumstances may **never** improve. In other words you must learn to enjoy life with what you have—**NOW!**
- If you are waiting for more wisdom, more re-programming tools, more money, a nicer spouse, better-behaved kids, or less pain before you can fully engage in your life, it is never going to happen. It is life’s ultimate paradox. The harder you try to “fix” your life and yourself, the less likely you are to enjoy it.
- We also forget how illogical it is to think that all of the variables in our lives are going to align so well that we are going to finally be fulfilled. And if it could happen, how long do you think it would last? Think how much energy we spend trying to control so much. Yet we don’t give up trying.

The Reverse Paradox

Then there is the other side of the paradox. The more you can enjoy your day in light of your current life circumstances, you will then possess more energy and creativity to create a life that you desire. [The Eye of the Storm](#)



An Exercise

I routinely do an exercise with my patients. I look at my watch and point out that the time is X and you have Y number of hours left in the day. I ask them to make a decision to enjoy the next number of hours regardless of their circumstances.

When I was in the middle of my own intense burnout about 10 years ago, I had to make ongoing decisions to just enjoy the next 15 minutes. I am very serious. I had to make a conscious decision every 15 to 30 minutes.

Wake up. Become fully aware.

My challenge to myself and to all of my patients is **“Enjoy your day—today.”**

—Dr. David Hanscom