



Deliberate discomfort – why endure this?

You can what you must

But in a world where there is almost nothing you 'must-do' - then you can't

It is saddening to see how the human species is degrading as society offers us so much, there is nothing left that we 'must-do'. This erodes our ability to deal with hardship.

As this ability is eroding and more and more people can't handle it when life takes a turn for the worse, then that is when we see a rise in depression, stress, anxiety, even suicide.

It is within our own power to stop this erosion.

We have to practice the stoic principle of voluntary discomfort. Because when we subject ourselves to discomfort, we learn how to handle it. And that means we are ready when life demands this of us.

How to practice voluntary discomfort?

A habit is a powerful way to do this. I do the plank EVERY day, no exception, yes it's still a discomfort. But it's voluntary.

This is strengthening me for when life inevitably serves up something discomforting which is not voluntary.

Thank you [Niels Overgaard](#) for the inspiration from your book "Det hele handler ikke om dig"

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Stick with it