

# **Mental pleasure/pain more intense and longer lasting than physical pleasure/pain**

**Post by “BrainToBeing” of December 11, 2023 at 4:51 PM**

By the way, I'm listening to Dr. Glidden on Prolepsis in a podcast on this site. He talks about "living in the present moment and living without fear". Indeed, these are critical to stress and pain management. A great deal of stress is derived from "living in the past" (worry or anger about past events) or "living in the future" (again, worry or fear about imagined future events). Living in the present moment emphasizes seeing what is, rather than what was or might be. And generally the real "now" is not as stress provoking as the other periods. (Of course, there is acute injury or acute loss, but "acute" doesn't last very long.) So, living in the now is a path to reduce the biology that generates pain - nociceptive or existential.