

# Practical Daily Pleasure-- Creating Pleasurable Habits

**Post by “Elayne” of November 9, 2019 at 10:01 AM**

Garden Dweller, I like the final piece of practical planning! I advise strongly against the section on constantly monitoring your body for discomfort, though. This is guaranteed to result in discomfort, because of the way our brains work. When we tell our brains to check for pain, this requires our brains to keep the sensation of pain in mind, looking for a match. Most of us are suggestible enough that we will get a "nocebo" effect from this (opposite of placebo), but at a minimum it requires keeping the feeling of pain in mind, which is painful itself.

People who have various types of health anxiety turn out to be very high on body awareness. The typical amount of body awareness, not training yourself to be unusually aware, is what we've evolved to have. If there truly is a noxious stimulus needing your attention, most of the time you'll know it without special effort. Sometimes there can be minor issues like sitting in an awkward position while reading and being so absorbed that your foot goes to sleep, lol. But these are generally minimal issues. You can improve this by checking for bodily pleasure at the onset of reading. I also set my phone alarm to periodically remind me of the pleasure of getting up and stretching/dancing around.

I look for pleasure in my body, when I'm checking in, even more key for me due to chronic inflammatory arthritis. If there is a major flare, I'll know, but otherwise I have no need to focus on the parts that are sore. It isn't information that leads to increased pleasure because it isn't fixable.