Crying Can Help

Have you ever scraped your knee or bumped, your head, or pinched your finger in a door, or had some other kind of Owie that made you cry? You probably already know that in time, the pain will become less and even go away. It won't stay forever. But as the pain is going away, did you know that crying can help you with the pain that you feel from that hurt? This is how it works. Crying gives you something else to think about instead of the pain. You pay attention to the crying and not to the pain as much. So, if I bump my hand on the table, what am I paying attention to crying over here while the pain is over there and pretty soon the pain is less or gone. In addition to crying, there are other ways that can help with pain. These other ways also take your attention away from the pain. How about when one of your parents gives you a hug and tells you you're gonna be OK. Or we all know that, sometimes, kissing an Owie can really be helpful. I know that's what my Mom or Dad pdid for me sometimes. So go ahead and cry if you need to until the pain becomes less or goes away. Now you know why crying can help.