

Charlie Chaplin said: life is a tragedy from close-up and a divine comedy from a distance.

Usually, when facing challenges we bring negative events closer and make them larger getting sucked into the roller coaster of emotions.

Our world is not even the size of a piece of dust among millions of stars. The impact of our worlds importance is ridiculously nonexistent in the larger picture!

You want to keep your perspective and balance? Look through your binocular holding it from the wrong end sometimes. You will distance and downsize objects. With a calmer brain, you will be a better problem solver. If necessary, turn down the volume and the heat of your thoughts, literally!