

**Abstract**

**Original Article**

**Finding Keys for Alleviating Human Suffering**

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**Background:** Finding ways of alleviation suffering is something that is constantly in focus within healthcare and health research because many human beings who experience suffering often do not find a way out of it.

**Aims:** The aim of this study is to reach a nuanced understanding of the alleviation of human suffering by uncovering how adults who have lived through suffering have found ways of alleviating it. The research question is: what alleviates suffering for the human being as understood from human beings themselves?

**Methodology:** The study has a hermeneutical approach and the material was collected through interviews with ten adults who had lived through personal suffering and regained health. An interview guide was used. The texts were interpreted through hermeneutical reading.

**Results:** The results of this study revealed that experiencing loving care when one does not like oneself is crucial. Being honest about one's feelings and doubts is important. To experience that one is not alone but may share difficult feelings may alleviate suffering. Learning to let go, not seeking perfection but loving oneself unconditionally constitutes the first movement towards health. To look ahead, to seek the positive aspects in life and recreate meaning, joy of living and vitality is something that continuously requires action from the individual in order to enhance health.

**Conclusion:** Letting go of one's need for control and experiencing communion that eliminates feelings of being lonely is crucial for becoming in health. A positive attitude and actively recreating meaning in life may enhance health.

**Keywords:** suffering, health, alleviation of suffering, source of strength, wellbeing, hermeneutical reading