

CALVERT CITY'S YOUTH VOICE MONTHLY WRITING CONTEST

JANUARY WINNER CARLEE MYHAND

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Through the Eyes of an Optimistic 8th Grader By Carlee Myhand

"Sometimes when you're in a dark place you think you have been buried, but you've actually been planted." This quote by an international speaker, Christine Caine, is such a good way to describe how to use optimism. The more you look to the bright side, you grow. Self growth is so important, and you can't have someone do it for you. You can have help, but it's all on you in the end. If you want to grow, to become a better you, then that's on your part. No one is going to make you, you have to make yourself.

There was a time in my life when I was going through a rough patch, and I never thought things would get better. One day I was scrolling through Instagram, and saw this quote was posted. I remember reading it, knowing it was a sign that I could grow from the point in my life I was at. Being optimistic and trying to look at the bright side of situations is hard, but I'd like everyone to know what it's like to be an optimistic eighth grader and look at your struggles as opportunities to learn.

Why do you think being optimistic is good for you? Well, maybe you don't think it's good for you, but guess what, it is! Personally, I think choosing to be positive is beneficial because it's so much better than being miserable. It helps lift your spirits. Your focus is based around the brighter side of things, knowing that there is a better outcome, even though it may not feel like it at times. For me, when I'm feeling down and hopeless, I remember something good always comes out of everything. I start to think about the issue less and less.

Thinking about a good outcome just makes me happy, and I get excited. Zach Cutler, CEO of Cutler PR, says, "Not only are optimists generally happier and less stressed, but also they tend to have healthier hearts. In addition, optimists had significantly better blood sugar and cholesterol levels, exercised more, and had healthier body mass indexes, and were less likely to smoke than pessimists." So being optimistic doesn't just make you happy, it also makes you generally healthier all around. In addition to optimism affecting your life, it can affect the people around you as well. People pick up things their peers say, and actions they make, and they can also pick up the way they think about situations. So, if you're all sad and depressing all the time, people aren't going to be super fun around you. However, if you are smiling and laughing, people you're around will tend to do the same. Your actions reflect on to many more people than you know.

Just because you're an optimistic person doesn't mean you can't get sad and upset, or show any other emotion. First off, being optimistic means to try and look at the brighter side, to focus on the good. It doesn't mean you're happy all the time. "So being happy cannot be permanent," says Niklas Goeke. Everyone has emotions, and it's good to show them. When I'm upset, it always helps to talk it out. The person I talk to usually always helps me get over what the issue is, and I'll feel better by the time we're done. I'm also religious, so talking to God about my problems makes me feel so much better when I'm done. I used to just blow up on people and get so angry and upset about things and just couldn't control myself at all. However, I learned that I don't want to live like that, so I knew I needed some ways to control my anger such as counting down from 10, going for a walk to just give myself some air, listening to music, and really do something that I like to do. It's best to surround yourself with things that make you happiest.

Being optimistic doesn't just happen whenever you want. You have to work on it within yourself. It takes some time. I mean to start off, I'm still working on myself each and every day, and I will for the rest of my life. I try to become the best version of me that I can be. Joyce Meyer says, "It's never too late for a new beginning in your life," which is so true. It is never too late to start over, to do what you really want to, and to become a better you. It's going to take some time though. Becoming optimistic won't just happen overnight. It's hard, I know. It's hard to try and stay happy and to look at the good in life, when you feel like there's nothing good about it. One way I'm working on it is with my religion. I know everyone is not religious and doesn't believe the same things I believe, but God is the one who changed my life for the better. He's the one who I turn to, who keeps me strong and up and going when I really don't feel like it. He's my positivity. He'll never give me too much to handle, and He has everything all under control. If you aren't religious, there are so many ways to get to the point where you are the best you. You need to surround yourself with people who make you truly happy. Also stop caring what other people think because it does not matter. It only matters what you think. So wear your new shirt, even if the other kids think it's ugly. You wear it because you like it. I know it can go so much deeper than just a shirt you wear, but you do you. You also shouldn't try and predict the future. That'll only make you worried about it. Go with the flow. Being optimistic has no room for worries. God has a plan for you and knows the bigger picture, so when you turn everything over to Him, it is a great feeling to know that you will be taken care of in life.

As you can see, being optimistic is all around amazing and gives you a sense of freedom that is almost unable to describe. You become the best version of yourself, even though it may take some time. So take it from me, thinking positive is the way to go. If you haven't already, there's no better time to start than today!

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