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Healing The World with Optimism

Healing the world with optimism could cleanse the world of its faults. The world seems broken and bruised, crumbling in our hands, but this is the world we live in. We are given only one life on this earth, and we are given the chance to find purpose in that life. I am given this one life to find something worth living and fighting for, and isn't that optimism speaking? When time slows down and our hands stop forming fists, we can be optimistic with new beginnings, different perspectives. Perhaps then, a sense of resilience, a sense of hope, or optimism would slowly start to seep into our lives.

Optimism is not happiness. It is the flicker of hope that sparks creativity and bravery. Optimism does not fix everything nor correct all wrongs, but it can mend hurt and provide hope against prejudices, racism, bullying, and loneliness, to name a few. It seems no coincidence the topic is "Healing Our World with Optimism," considering our world is in the grips of a global pandemic and in need of healing. Healing with optimism will not take away all the pain, but it offers solace. It can bring confidence and trust to someone facing a difficult and challenging situation like anxiety. I believe you must walk a lifetime in someone's shoes to fully understand how this world treats them, and if we

keep letting our world tear each other apart, how will our world heal? It is optimism that prevents our world from caving in, so let us save our world and each other. Optimism heals by sparking kindness in our hearts and minds. There are people pushed over the edge every day, and the least we can do is choose kindness; and isn't that optimism?

At the age of five years old, I encountered both healing and optimism. I was born with a heart defect. My condition was thought to be a simple heart murmur that would likely correct itself as I grew. At the age of four, an ultrasound revealed that I had more than just a murmur. My heart was pumping blood mainly to the right side of my body. I had a fatal heart defect that would require open heart surgery. At age five, I had open heart surgery, which was terrifying for my parents, my family, and, of course, terrifying to me. While I was in the hospital, I remember a visit from my brothers and seeing my younger brother stare down at me while I laid in the hospital bed. He was three, I was his best friend and if he were in that situation, I wouldn't be able to fathom a world without my best friend in it.

Yet, here I am, nine years later with the dream of being a writer; all because of time and optimism. Though, there is a long scar running down my chest and small ones on my stomach where tubes once were, I do not look at them as burdens or flaws. I look and trace my scars because they remind me I am alive. Alive because of the many people who prayed for my family and me. I am making it. I do not think I would feel like this if I did not trust in optimism. I made it this far, and though sometimes I do not know how I will make it further, I must try because I want to live to be a writer; sometimes it seems

like writing is the only way I keep from hurting. I want to be something great and I can only do that through optimism.

The dreams we all plan in our heads like fantasies too afraid to chase after, could come true if we reached for them. If we raced after our dreams, forgetting about the boundaries we keep putting up for ourselves, we would truly understand what optimism means. Reality is harsh and self-acceptance seems impossible to master, but sometimes you need to look at yourself and call yourself enough as you reach for the dream you have always wanted. Optimism comes in different shades of colors, and despite whatever color you decide to paint on your face, it is still beautiful and enough. I believe bravery and optimism walk hand-in-hand because I do not understand how human beings can walk on the moon, create a new vaccine, and simply learn to heal and not call themselves optimistic. I believe the bravest thing I have ever done is survive, and I did that through optimism. Bravery is not easy nor is optimism, yet I'd rather be called stubborn and grow in myself with optimism than let anxiety get in the way.

J.K. Rowling wrote in the Prisoner of Azkaban, "Happiness can be found in the darkest of times, if only one remembers to turn on the light." We must be the ones to burn with hope through the dark. A single action can create a domino effect in history, and with that in mind, think of how much of an impact you can leave. I wonder what our world would be like if we treated optimism like an old friend and talked to it every day. I know what it's like to be nothing at all and to believe it, but what if the whole point of living is to feel the hopelessness so you can fight for the light? Everything has the chance to heal with hope and patience, kindness, and love; and most importantly, optimism.

Therefore, I believe optimism does heal our world. Of all the terrifying possibilities our world is capable of, optimism gives us infinite possibilities for hope. And I believe that makes us infinite.