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With many issues today, including drug use, people criticize those who use them or just spit out the idea of needing to ban them. However, no one really seems to be attempting to figure out the root cause behind using them in the first place. A lot of the time, drug users are attempting to escape a painful experience or just want to relieve themselves from the struggles of everyday life. There are ways to protect someone, including myself, from drug use, and that's by thinking positive thoughts and doing acts of kindness.

As said before, drug use often stems from a place of negativity and pain. Of course, I know what it's like to be in bad place like that, but I can pull myself out because I focus on the little things that give my life light. From that good grade I got a hard test, to the compliment a stranger gave me on my jacket, I think about all the positivity around me. It is very much a mental battle, and ultimately, you're the only one who decides how you will think. Something that has always worked for me is doing acts of kindness for others. My happiness stems from making other people happy, even if it's as simple as giving them a smile or a compliment or making them laugh. Knowing that I can shed a little light into someone else's day is enough to keep me going because everyone has a story, whether you know it or not. It doesn't matter if my one act only impacts one person versus five hundred. Making a difference in one person's would mean the whole world to them. The most helpful thing to do in times of darkness is to surround yourself with the good people in your life that you love. When you and your friends or family are all bonding and doing something fun like bowling or going on a scenic drive or a hike, you occupy yourself with a healthy and positive activity that gives you a type of euphoria and happiness that you can't replicate. It is when positivity becomes the dominant force in our world that drugs won't be a necessity to anyone.