

## The Happiness Cure

The ability to express happiness is a beautiful and generous gift endowed to us from the kind hand of mother nature. Our brains are so wildly complicated that scientists are still appalled by the extent to which the complexities of happiness can be explained in infinite arrangements and symphonies of chemicals, hormones, and receptors. There is an undoubtedly remarkable magic to the science and humanity of happiness.

Sadly, there are people who have fallen victim to the seduction of temporary happiness extracted from drug abuse. Happiness can be hard to find underneath the murkiness of rough times and major life changes. Having a long family history of drug abuse, I understand now that it is a crippling sickness, and I withhold a huge compassion and heartache for those who have fallen victim. Before I was born, my uncle died due to drug overdose, and I can see its effect in the solemn remembrance laced in my father's eyes.

In order to cure this epidemic of opioid abuse and help kids avoid the lingering temptations of escaping reality, we must practice resorting to positive outlets and embrace holistic methods for healing the aching mind.

Personally, when I am feeling down, I submerge myself into nature. Whether it be the mission oaks dog park, or the calleguas creekbed, I always find that taking some time to be outside reaches into my soul and draws out positive thoughts that calm me down. When I become overwhelmed with my schoolwork I turn to the support of my friends, who, with their positivity, provide me the kindness and support I need to hurdle academic obstacles. My friends inspire me to reach out to others and remind fellow students that they are worth more than a test grade, and happiness is the ultimate definer of self-achievement. Every morning I walk into calculus with a smile, and although calculus is by far my worst subject, retaining a positive attitude allows me the courage to learn. Mr. Fiacco, my calculus teacher, aids my efforts by

exuding positivity, and helping all of his students find solutions to extremely complicated and stressful problems. In being a member of a kind and positive community, I build up the confidence of others, and receive the same in return.

Together my friends, family, and I weave a beautiful story of grace and blessing, brimmed with naturally derived happiness. We remind each other that we are not alone, and our struggles are a natural part of life. To know happiness is to acknowledge sadness, but still have the bravery to move forward. Be happy, think positive, and enjoy the sublime enchantment that comes with being apart of human life.