

The Power of Positivity During Adversity

“We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses.” - Abraham Lincoln.

Most people think that only bad things can come from tragedy and only good things can come from fortune. My thoughts are that this is not always the case. During this pandemic, which is widely considered to be negative, I have realized that three areas of my life have actually improved and strengthened, rather than gotten worse. These areas of my life are my personal growth, growth and improvement in my relationships with my family, and my community’s growth as a whole.

I have personally developed many good habits during this pandemic, such as better school and study habits and the ability to enjoy the outdoors much more. My recent grades in most every subject show the improved study habits that I have used during the Covid-19 pandemic. Since we aren’t commuting back and forth to school, that leaves a lot more time to focus on my study habits. With all this extra free time from not having to go back and forth to school, I have more time to study for tests and take my time on my homework. These habits are very important to be a good student and to be successful in school.

With this extra time, I am also able to go outside and be more active. I find myself riding my bike all the time, when I was only able to ride for short times before quarantine. The scuffs and scrapes on my bike’s tires say it all. All my friends are doing the same, so there is much less boredom. I am also able to continue my Tae Kwon Do classes outside in the parking lot!

My family and I have a strong bond that has become even stronger in the past several months. All of our relationships have become stronger throughout this time because we have spent almost every hour of every day together. Every night, after our work day and when we are together, we put all devices away and have family time. We now eat dinner together every night, which we have not been able to do before quarantine. I think having dinner as a family is very important and it is how a happy family connects with one another. Also, we have all learned how important it is that we each have individual solo time.

We have learned and talked through any fights or problems that my family has had, and made it a point to do better the next time. For example, when I lose something of mine and someone else puts it in a different place, we learn that we have to communicate better with each other and not leave our belongings lying around. No one is ever perfect, and we are not an exception. We learn to own up to our mistakes and then learn from them. This is a main reason how my family has grown through this crisis.

Finally, my community has been through lots of loss and change, but through this loss and change, we all have thrived and become better in spite of these tough times. My neighbors try to help with everyday things. Even the smallest of tasks can help our community. Recently, one of my neighbors got sick and tested positive for Covid-19. She could not cook for her family and she was limited as to the things she could do. This was when our community stepped in. People from our neighborhood brought food to their house morning, noon and night, so that the mom would not have to cook. She was sick for a couple of weeks, but with the help from our community, we helped make a terrible thing seem not so terrible.

The Covid-19 pandemic has hit everyone very hard. There are some people that may believe that things could only get worse, but I think there are many positives that are not really thought about. It is all how you look at it. To me, it is a “glass half full – glass half empty” situation and being positive about the whole thing helps to lessen the impact. In these hard times, we all came together and now we stick together to help each other out.