

Peace sounds like waves crashing on the beach shore, with the sound of pelicans chirping nearby. Peace feels like getting a warm hug from your favorite person after a long, hard day. Peace can also be a song that truly expresses you and your feelings. In my eyes, peace is an imaginary place. When I close my eyes, I am suddenly in a world where all is well—no stress, anxiety, or sadness. I look to my left and my dog is sitting beside me, who is no longer with us in reality. But this is my fantasy, which helps me escape reality. I pull her in for a tight squeeze and the sand wedges between my toes. The ocean is chilly, but it is the perfect temperature for a hot day. I take a deep breath and soak in the peace while I have it. My whole family surrounded me, including my cousins and aunts. *Inhale, Exhale. You are at a place of tranquility, a place created just to your liking.* But eventually, you have to open your eyes, and face reality. So that is exactly what I did. And when my eyes began to open, I had a very relaxed state of mind. Though my surroundings are not always peaceful, that doesn't mean I can't be tranquil.

My eyes can't be closed forever, and I just have to accept that. So, I have to find peace in something else. Peace can be found in a person, who makes you happy and never lets you down. They make you feel confident and uplift your spirits when you are down. The doorbell rang, and I opened the door to see my cousin, Avery. Before I could even say hello, she wrapped me in the biggest hug. I thought to myself, *This is my peaceful person.* The person who never lets me down, the girl who never fails to make me laugh, and always puts a smile on my face. Life is not always peaceful, but being with Avery is escaping reality. Unfortunately, I can't always have my eyes closed.

Though there is no stress or anxiety in the fictional, perfect world created in my head, all of the feelings I feel and tears I cry help me grow into the person I am today. If I never had to

deal with conflict or hardship, I would never have developed emotionally to who I am at this moment.