

DESH APNAYEN

Message of Hope and Happiness



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Dear Friends,

The novel coronavirus (COVID-19) pandemic had upended day-to-day lives across the globe. The pandemic has changed how we learn, work and interact as social distancing guidelines have led to a more virtual existence. Unsurprisingly, the pandemic has triggered a wave of mental health issues like stress, addiction, depression or social isolation.

During this difficult moment, hope is the ray of light which completely eradicates hopeless times. Hope is

associated with many positive outcomes, including greater happiness, better academic achievement and even lowered risk of death. Family and friends give words of encouragement and support, but still tough to pull ourselves out of despair, anger, disappointment and frustration.

"We must accept finite disappointment, but we must never lose infinite hope"

- Martin Luther King, Jr.

Friends, I always hope at almighty God to receive light to overcome darkness of hopeless past. During difficult situations, I visualize a better future and the will to find ways to make it so. I prefer to see the things like "glass half full" instead of "half empty". I am not more pessimistic, especially during hard times, always find ways to cultivate optimism: Focus on my strengths, not

my weaknesses, try to maximize my successes and not to think of my failures, challenge self-sabotaging thought patterns that empower me, and look at all the possibilities in my life, not the limitations.

It not only help to make the tough present situation more bearable but also can eventually improve our lives because envisioning a better future motivates us to take the steps to make it happen. Whether we think about it or not, hope is a part of everyone's life. We all hope for something.

We all need hope during dark times, difficult relationships and daily struggles. We need to do the following to restore hope

- ▶ Reach out to others (virtually)
- ▶ Stay focused, flexible and productive in both good and bad times.

- ▶ Express gratitude
- ▶ Take Care of yourself
- ▶ Engage in meaningful action
- ▶ Strengthen your relationships and improve your communication skills, especially under pressure
- ▶ Bolster your self-esteem.
pursue your hobbies and interest
- ▶ Be confident, which will eventually find a solution to a problem.

The above tips will help us face hardships with more confidence, better cope with these tumultuous times, and make it through to the brighter, more hopeful days ahead.

I've also found it interesting that many influential leaders have at one point in their life experienced great personal challenges, even tragedies. They not only survive them, but shape them into a meaningful form of inspiration and motivation.

Friends, Believe in yourself, trust your gut, surround yourself with resilient people who inspire us to be better and work hard. Hope and resilience is the willingness to not quit, to challenge your habits, and to stay determined to make a difference - first for yourself and then for the rest of the world.

Your loving friend,
Immanuel Iniyar. A.
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