

## **“The Bright Side of Things”**

While I would never argue that Covid-19, and its many deaths, is a good thing, there have been many silver linings to experiencing a quarantine. Like Williams James, a late 1800’s philosopher said, “Our greatest weapon against stress is our ability to choose one thought over another.” Learning to take every new change thrown at us, and choosing to just keep our heads up and not allow stress to weigh us down, is a life lesson each and every one of us will use continuously. Through the lock-down, I have become closer with my family and loved ones, and seeing my friends each day at school, even with the obvious barriers, makes me realize how much I appreciate them. I have also learned how resilient we as a community, and humans in general, are. Through change, after change, we have bounced back and even been able to make positive memories during this alarming time. Above all, I have become extremely grateful for my family's safety, as well as the millions of people who work behind the scenes to keep everyone safe. I am completely confident that we as a community will be able to safely go back to a normal day-to-day routine, and if we do not anytime soon, we will do what we have been doing and adjust.