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I believe...

Life happens. That’s what I believe. It is unbelievably easy to forget to live in the moment- especially nowadays when all anyone ever worries about are deadlines and getting things finished. In today’s society more than ever, people tend to constantly find things to look forward to, and they like to focus on what’s ahead instead of right now. But the thing is, life happens. Regardless of how much you stress, regardless of how many 11:11 wishes you make, regardless of how much time you waste micromanaging the future, life is going to happen.

When I was four years old I was diagnosed with anxiety. Four is young, I know. I mean what did I even have to be anxious about? But anxiety has affected me in a way that is almost impossible to explain. Nobody understood why I would get so upset when things did not go how I had planned. Nobody understood why I cared as much as I did or why I would try to micromanage things. Growing up, anxiety controlled me. I would spend every second over thinking, anything from what would complete the perfect first day of school outfit to how to plan the best birthday parties. I did not know it back then but anxiety disorders are the most common mental illness in the United States (National Institute of Mental Health). With over 40 million people affected by anxiety (National Institute of Mental Health), it astounds me that our society is still even functioning. Eventually, with treatment and age, I grew out of anxiety, however I can never get back all of the time wasted thinking about things that didn’t even matter.

Jon Kabat-Zinn, a biomedical scientist known for introducing meditation into mainstream medicine, once stated that we need to “stop doing and focus on just being” (Kabat-Zinn). We so often forget that life is happening right now, and it is up to you to determine how you want to spend the present. Bettering yourself as a person isn’t dependent on time or deadlines, but instead on what you experience and how gently you’ve lived. It’s an undeniable fact that life takes place nowhere else but in the present, and all actions and feelings are experienced in the present. Living in the moment is pretty much the only choice we have (Ak).

The thing about life is that it is not guaranteed. There is no guarantee that what you are worried about will happen the way you want it to, or that what you are worried about will even happen at all. It is not even guaranteed that you will wake up tomorrow. That is why I believe in living in the moment. I believe in being spontaneous, in living a little. I believe you should love always, laugh often, and forgive more. Because while you are wasting your time worrying about the future, life is happening to you anyways.

Works Cited

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