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I believe...

I believe that life happens. 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 is ahead instead of right now. It is so often forgotten that you never have as much control over the future as you wish. 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? However, 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 know it was really hard on the people I loved, because they would constantly try to be there for me and reassure me that it was okay. Although I know they had the best intentions, there was nothing they could do to help. 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 forty 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 did not 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 us to determine how we want to spend the present. Bettering yourself as a person is not dependent on time or deadlines, but instead on what you experience and how gently you have lived. It is 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). There are a lot of benefits to living in the moment, such as not constantly stressing over things that you cannot change. I know it is a lot harder than it seems, but once you stop worrying about the future, it will be easier to be happy with the present and to go with the flow. It can be difficult, and I know that sometimes it will leave you unprepared, but at the end of the day you can never be fully prepared for what life is going to throw at you.

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 letting loose and 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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