In today's fast-paced society, the concepts of involution "neijuan"and lying flat "tangping"have become prominent buzzwords, reflecting nowadays' challenges and different responses to excessive competition and pressure. The unstoppable pursuit of success, better resources, and higher status in such a competitive environment can often lead to burn-out and mental health issues. Therefore, hte mindset of lying flat has emerged as a way for some individuals to cope with the overwhelming demands of modern life.However, in my opinion, I think we Chinese should abandon the concept of lying flat, and be rational to the opinion of involution.

On one hand, the concept of involution captures the idea of recessive competition, where individuals feel tired to others' ambitions ,which pushes them constantly to struggle forward.At the same time , they also don't want to be surpassed by others. So they begin to strive when alone, pretending to be not that competitive. Undeniably, this mindset creates a culture of overwork, stress and anxiety for the sake of people's ambition to meet social expectations and achieve success at all costs. The pressure to keep up with the fast pace of development can be suffocating, leading many individuals to experience burn-out.

On the other hand, in response to this phenomenon, some individuals have embraced the idea of lying flat as a form of passive resistance against the relentless pursuit of success and the need to constantly compete. Lying flat advocates believe in rejecting the ratr race and choosing a more relaxed and minimalist lifestyle that prioritizes personal well-being and contentment over external achievements. By opting out of fierce competition, they aim to find peace and fulfillment in simplicity and self-acceptance.

However, while the lying flat concept may provide people mental relaxation temporarily, it can't be a permanent way to deal with the dilemma. On the contrary, it also raises concerns about disengagement and a lack of ambition. Simply giving up or striving for improvement and growth can just make the matter worse than ever. It may lead us to be lazy, unwilling to go to work over time. Without a drive to challenge oneself and pursue meaningful goals, individuals risk losing their motivation and purpose in their lives.

So it is essential to strike a balance between healthy competition and self-care, avoiding lying flat and the extreme of involution. We should keep ourselves rational to competition. It can broaden our horizon and make us growing up. And to be honest, it is through twists and turns that individuals learn, improve, and break the boundaries of what is possible.

And in such a complicated era, China's great revival needs we Chinese to strive. When working harder than you can bear, you can encourage yourself by thinking you are working for the improvement of China!

At the same time, it is crucial to prioritize mental health, and cultivate a sense of fulfillment beyond external expectation. Finding meaning and satisfaction when pursuing your goals, is key to leading a reasonable and scientific involution.

In general, while the mindset of lying flat offers a relaxing way to escape from competition, it's important to pursue a more neutral solution when facing intense competition.By embracing a healthy approach to competition and self-care, everyone can be more potential than you can image,which will make China great again sooner and sooner .