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**Informational Essay**

Today I am gonging to introduce a Chinese online concept named “lying flat”. It means that no matter how other people reacts and struggle for their dream, you are indifferent to the world and have no trouble in your heart, and you will have no reaction or resistance. It is a negative attitude which is contrast to the meaning of “involution”. I hold the point that we should view this attitude dialectically.

Firstly, excessive attitude of “lying flat” could make people depraved and lazy. If one people seeks for pleasure rather than works hard, he will disconnect with society, or even abandoned by society, which is contrary to the traditional virtues of China that hardworking and self-improvement. Particularly, we as contemporary teenagers should keeping fighting rather than lying flatly, the government doesn’t support and encourage this attitude.

Furthermore, suitable attitude of “lying flat” will benefit people’s mental and physical development. Sometimes too much pressure caused by keeping competing may obstruct one’s advance. For example, you are working in a company with a lot of work, and you need to keep moving forward, keep improving yourself, and keep yourself away from getting unemployment. For a long time, your body will break up and lose yourself. This time, suitable attitude of “lying flat” maybe the best choice, avoiding vicious competition, relaxing yourself, and find your find your worth gradually.

Finally, the government should take timely measures to address this issue. Not only should the government encourage positive lifestyle and say no to inaction when encountering challenge, but also should they relieve social pressure, balance the opportunity of job, and carry forward good Chinese virtue.

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