

## 2020 International Essay Contest for Young People

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# Never Stop Appreciating

The most precious things in the universe are intention and kindness that we perceive through our effort and action. As happiness and satisfaction lies in competence and psychological wellness, sudden disruption of flawless lifestyle puts us into challenging mental cues and illness. During the first quarter of 21st century, self centered social activism, lack of community interaction and practice of backbiting hinders our openness and inartificial lifestyle. We forgot to appreciate, stay positive and graceful even during the most sorrowful moments. 2020 proved that the next significant challenge would be ensuring strong community bondings and emotional wellness for our community.

The first challenge is always psychological. Acute Depression, desolation and serious breakdown of mental health encouraged the post pandemic generation to maintain a healthy and hygienic psychic state. Counseling, awareness building, proper monitoring, substantial teamwork and treatment facilities developed to overcome the psychological impact of lockdown and various post pandemic consequences and context. I'm happy to tell you that we have surpassed it quite successfully. Now we are both mentally and physically equipped. I myself regularly join a psychological support group where we evaluate, support and practice "Physical and Mental Wellness" at 0 cost in community level to continue stretching our helping hand for everyone. A well cherished dream of a 'Mentally Well Being' society finally came true in 2030.

Second, our action and effort for others' good and benefaction got a pace during post pandemic years as we all understood - this is us, connected and reliable to each other and vulnerable once if we are alone. I can remember the days of 2020, when I decided to work as a volunteer at a Covid19 specialized hospital to support the infected patients. I just gathered all my inner strength and tried to do the best job for the welfare of others in need. Interestingly, I received overwhelming appreciation and praise which motivated me to work more for people. A unity was created among the neighbors and together we turned it into a social movement against the pandemic. Since then, we never looked back and no one died from lack of proper treatment or care in our community. Therefore, a positive, careful mentality developed towards "Mental Wellbeing", totally changed the face of our community. Mutual appreciations, kindness and sympathy of help someone instantly raised and fueled by our social change became a common scenario in society. What we realized was - always try to be generous and positive, remembering that, only appreciations and positivity could save us as a community from extinctions and scarcity.

Besides the rebirth of social kindness, and practice of proper mental health, pandemic has truly digitized our life, which was unthinkable in 2020. Cyber bullying, and suicide tendency reduced by 67% by the grace of blockchain and data driven social safety and transparency system. Psychic monitoring data now predicts, who is having depression, hard times and would need particular types of emergency assistance in our community. Proper access of information, reliable networking and cyber security is ensured by the grace of 5G internet, Big data, Quantum computing, and AI. Youths working in R&D, SDG and STEM equally concentrate on upcoming challenges and demands in energy, environment and life science. Therefore, we're heading towards an educated, intellectual and smart social revolution and practicing our social ties and compassion balancing with technological advancements. I've committed myself to neuro medicine research and am looking forward to a future where we would be able to ensure neurological preventive healthcare to save lives from death and sufferings.

Who knew that the future would be competent and colorful by the grace of technology and society would fight back this way? The good will and persuasion for recovering a community from devastation created our way for the future. No matter what we are going through, the most precious thing is to stay positive and strong. You see? Now I'm sharing our story of how appreciation and proper mental health practice changed the mindset, social norms and portrayed the foundation of kindness and righteousness as a society, ascertaining that - "Never lose belief in life and never stop appreciating. Cause end of the day - it matters."