

Rising by lifting others

Since we are little we see in movies, in comics, and in books someone who is constantly ready to save the world, to fight with the bad guys, and give the story the ending everyone wants, a happy ending. However, when we talk about real life, there are not always happy endings. Is it that difficult to be a hero? What makes us good? What makes us evil?

We face, today, a global pandemic, bombings, wars, natural disasters and other phenomena that we cannot avoid, or maybe yes...we could. I want to start by stating that there is no right definition of a hero, but I believe that we can only be one through our actions, our personality. Heroes are those in the community who are willing to wake up every day with the ability to help others, without ever expecting anything in return. They are doctors who spend hours saving patients, they are firefighters who save people from losing their home; they are lawyers who fight injustices in court and groups that died fighting for racial, gender and sexual orientation rights. They are a whole society whose priority is to not be afraid of trying to make the world a better place for the next generations.

In my opinion, we can all be heroes. The first step to take is to be aware that we are doing this not only for others, but also for ourselves. As my grandparents used to say, "Do good, and good things you will achieve". Yet, this phrase has always confused me, because in my opinion we should do good so that others can achieve a little more happiness, through our support. The truth is that we never know how much help a person really needs, but a simple good morning, when we cross paths on the bus is enough to believe that there is still hope for everyone.

To sum up, I just want to clarify this: for me, the definition of a hero is someone who, even if he has everything or has nothing, looks at the others in the same way that he looks at himself. It is about someone whose first priority is to help others, as he would want to be helped. It is about someone who does not refuse to support someone even if he does not have that for himself and, to conclude, it is about the one who has a heart and shares it with those who need it, regardless of the situation. As Mandy Hale once said, "There is nothing more beautiful than someone who goes out of their way to make life beautiful for others".

By Ana Leitão