

Dear teenagers from the future,

I would like to present you my overall view on the concepts of happiness, coping with stress and environmental issues. I believe that you are now struggling to find your place in this world, and this is very common at this age. You may be trying to please everyone surrounding you and this may overwhelm you, but I am here to share my beliefs and try to help you, because, I have also been in your situation.

The concept of happiness is very abstract and subjective. Some people's aspirations may be other's worst dreams, but, based on what I've learned, I consider that we must search for happiness in the small things. Find joy in admiring the sunsets or some flowers, and in the moments you share with your beloved ones. I have also discovered that happiness is a mindset. If you think negatively, you just attract all the bad energies around you. But if you try to see the bright side in every situation, you may find yourself surrounded by the positivity that brings you happiness. Enjoy every day as if it was your last one. This may sound a little bit drastic, but before getting angry about something, think twice if it is really worth it. Most importantly, try your best to maintain a healthy and beautiful relationship with your family. Your parents may seem crazy sometimes and some other times they may actually act very wrong towards you, but everything they do is because they love you. A good relationship with your family brings you inner peace and happiness.

Coping with stress is perhaps the key to finding happiness. Our society is, unfortunately, ruled by Time. Everything we do is planned and timed. We find ourselves in stressful situations every day: assignments, deadlines, health issues, aging, quarrels, etc. If we don't cope with them, they conquer our minds. Take a breath, write down everything that is on your mind and think what is the worst that could happen if you don't succeed in doing everything you have to. Relax and take it step by step to complete your duties. Talking to somebody is really helpful. Discuss with a friend, a family member, a teacher or anyone you trust about your problems. Taking them off your chest will be a big relief. Also, exercising or practising a hobby can help you cope with stress very much. For example, the gym is my oasis of peace. Also, taking part in a drama club has helped me reduce my stress and learn how to cope with it.

Environmental issues are an important factor of stress in our society. They affect everybody, from the youth to the elderly, both physically and psychologically. Pollution, deforestation, diseases, pandemics, wars, the destruction of nature and climate change are just a few of the problems that are worrying us daily. Most of them are, unfortunately, produced by our own

selfishness and vanity. We destroy and pollute the nature daily and, perhaps, we deserve to suffer these consequences if we don't try to save this planet. If you don't take action soon, I am afraid that it will be too late to save the Earth. This responsibility is on our and your shoulders, we are the generations of the future and we must make changes for our mental and physical health. I know that this responsibility is enormous and it worries you, but the key is in your daily habits. The solutions are not very drastic, you should just get used to a healthier and more sustainable lifestyle.

As a conclusion, I would like to quote Charlie Chaplin:" You, the people have the power! The power to create happiness! The power to make this life free and beautiful, to make this life a wonderful adventure!". So, try to take care of yourselves and of your home, the Earth. Try to find your inner peace and happiness! Stay true to yourself and love yourself and everything that is surrounding you!

Yours sincerely,

Alecsandra, a teenager, just like you