

Essay Title: It's All in Your Head

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“Happiness is not a destination or an experience. It’s a decision.” (Carlos Santana)

Happiness is not a place. It cannot be bought either. The only way one can truly be happy is by deciding to have joy. You can decide to surround yourself with people who are supportive. You can decide to do things that make you happy. You can decide to work towards your dreams and goals, because joy isn't handed to us on a silver platter.

In 2018, I struggled with depression and anxiety. I wallowed in my depression and I choose to label myself as these diseases. My world seemed black and white, and everyday seemed exactly the same. School, eating and sleeping defined my entire life. Finally, I was able to get help and I discovered that my happiness did not reside in a person, a possession, or a place. It resided inside me and my decision to accept happiness for myself.

I understand now that everyone has the opportunity to be happy, but not everyone decides to take a hold of their potential to be happy. I realized I perceived my situation in the worst light possible. Yes, I felt broken. Yes, I felt alone. Yes, I was a mess. But even in my brokenness, I still could have chosen to look towards the light and choose to completely feel life's bittersweet moments.

We can choose to be happy and we can choose to work towards things that make us happy. It's a positive mindset and a good attitude that brings real joy. The moment you decide to trade in your fear and sadness for joy, you can truly live happy and free of the weight of those dark emotions. Just remember that success is all in your head.