

Relax

Trying to rest. Trying to unwind. Trying to lighten. I see this aspiration to be true in my life this past year as I tried to relinquish all the **inevitable** restraints I trapped myself into. In 2023, my life compelled me to be anxious, compelled me to be stressed, compelled me to be unsatisfied. Reflecting on the past year, I recall several brain-cramping, tired-inducing, rest-needing times. I think of a word that will aid me through the hard moments, a word that is mind-clearing and stomach-untangling: Relax. **Resonating** with this word will calm my life, turning it into a blissful sensation. The smooth-stone-like thought spurs through my mind, cooling and glowing. I will sparkle as I take on the world with a new perspective and an open mind. The breeze will wake me. The water will cool me. The earth will comfort me. This perspective is reminiscent of coming out of the warm shower and sleeping on new sheets, calming and refreshing. Stress will not absorb me. Relaxing will. It will allow me to leave the **arduous** problems of life and let me absorb the euphoria of living.

