YOU MATTER

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According to science, a matter is anything that occupies space and has a mass. All physical objects are composed of matter. And an easily observed property of it is its phase. (Science Learning Hub, 2017) During our elementary years in school, our teachers taught us how to classify and distinguish the classical state of matters. If the molecules of an object are compacted together, it is called a Solid. While if the molecules are slightly far away from each other, then it is a Liquid. And if the molecules spread out and in constant random motion, we can likely say that it is a Gas. It is so much fun to explore how science works within our lives, how most of our belongings, transportation, and electronics are all related to science. But if we take a deeper look in the microscope and focus the lenses in to see how reality works in someone's life, we might have a one roller coaster ride. As growing up, each of us has different kinds of places and stages in our life to go through. We must take these stages in order for us to gain knowledge and learn about life. There are places wherein we will discover our true identity, what dream course we want to take in college, the kinds of outfits we prefer, what foods we love to eat, and things that make us smile. It is indeed fun to discover places and knowing different people while we are living in this world. Once we went through those places, we can be sure that those places have a significant connection to us knowing ourselves.

However, every ocean in the world experienced large and destructive storms. Devastating storms can cause big waves in the sea, destroy the establishments in the coasts, and if it has gotten worst, it could cause a treacherous tsunami. Similar in our lives, there will be no place in our life completion that will be just full of flowers and sunshine because there will be tons of stages where we will encounter places having a storm. And that storm can definitely cause immense waves of problems, destroy our thoughts about
ourselves in just a nick of time, and when it got worst, it can flood negative notions in our minds. Darkness can invade the light of hope in us, it can poison our purposes, and it gives us so many ideas for us to overthink. And once we are in that kind of situation, we tend to question our worth and existence on this earth. Overthinking can be from the different factors and experiences we all went through. It can be because of our appearance that we are not qualified to fit society's beauty standard. It can be because of our failures that left an unbearable trauma that makes us fear trying again. And it can be the people treating us like we are nothing. They taught us that when we are drowning, We should swim and keep our heads above the water to keep us breathing. But it is different for people who are encountering overthinking. We are aware that we are overthinking and that we are drowning in our own thoughts. We want to overcome it, but we don’t know how to swim.

We are screaming the pain of misery, but it seems that our voices are soundless. Because no one can hear our cries, no one can see our battlefield, and they think that our smiles are a statement that says "I am okay." But the truth is they hide all the battles we keep on losing. They are the mask that we keep on wearing, so all the scars and blemishes we have can't be visible in your sight. We tend to put ourselves back because we fear the judgment of the world. We drew borders around us and limit ourselves from showing our full potential because we fear being unappreciated. Storms in life can come to someone's life any time of the day and any month of the year. Most people tend to experience tons of storms and choose to be quiet about it. That's the reason why we should fill our world with kindness because we don't know how many people smiled just to endure the pain they are silently facing. Every one of us has loaded baggage to carry. And not being able to shoulder it all doesn't make us weak and incapable to succeed. It is okay to feel and be vulnerable to things we can't handle. Life will be full of errors that can make us fail some things we desire to reach, but that doesn't mean that we should stop striving for our dreams. All our hardships, battles, and challenges in life are not a stone for us to carry all the way. But rather, all of it is our stepping stone to success. A place full of the
storm is not the place for us to stay. They are just stop-overs to remind us that in every heartbreak, there is a breakthrough. Like in science, anything that occupies space is a matter. And the thought of us saying that we are unworthy is wrong because you and I are not a waste of space. Therefore, constantly remind yourself that You Matter.

References:

You’re Worth It, So Why Don’t You Believe It? | by Andrea Claudia | WORTHY | Medium