

Who is an Everyday Hero that Brings Out the Optimism in You?

Have you ever had a bad day? If you are like most of the human population, your answer is a quick “Yes!” Sometimes we simply need a refreshing bit of optimism to brighten our day. The Merriam-Webster Dictionary defines optimism as, “a doctrine that this world is the best possible world” (“Optimism”. MWD). The world around us may bombard our lives with chaos and uncertain circumstances that lead us toward pessimism, but the positive outlook of a single person could make all the difference within us. Anyone who can encourage a person to shift his attitude from one of pessimism to one of optimism truly is an everyday hero.

The person to which I look in times of defeat is someone I have grown to love and appreciate more than she may ever realize. For this reason, along with several others, she has rightfully gained the title of “best friend” in my life. I firmly believe every person needs another person he can confide in free of judgment or negativity. A best friend is someone you can look to for comfort and encouragement; they turn bad days around and lift good days into extraordinary ones. Best friends often become the unsung heroes of our everyday lives, but they deserve all the recognition in the world.

What makes my best friend an everyday hero to me personally? The answer is so simple, yet so complex. As I am getting older and inching nearer to life as an adult, many uncertainties have recently been laid before me. Where will I go to college? How will I pay for it? How do I balance school and work? Questions such as these can cause loads of stress for a teenage girl. Luckily, I have had a friend who has managed to bring out the optimism in me throughout each step of this unsettling journey of growing up. When it feels as if the world as I know it is crumbling into pieces, she reminds me it’s all a part of the puzzle-building process. When it seems like a day just refuses to go as planned, she points out the fun of spontaneity. Braving this

time in my life would seem nearly impossible without a friend as dear as this sweet best friend of mine. In L.M. Montgomery's *Anne of Green Gables*, Anne Shirley so perfectly describes the essence of having a true best friend. "A bosom friend - an intimate friend, you know - a really kindred spirit to whom I can confide my inmost soul. I've dreamed of meeting her all my life," said Anne (Montgomery 80). A best friend, or a "bosom friend", is someone you can trust with your innermost thoughts, struggles, and aspirations.

Having a best friend such as mine helps relieve stress, boost optimism, and improve daily life skills. Along with the undeniable mental relief that comes along with having a best friend, studies show there are numerous physical health benefits. Close bonds with other humans help reduce the risk of high blood pressure, depression, and even obesity ("Friendships: Enrich Your Life and Improve Your Health"). This is because people with whom you are close friends encourage you to form and maintain good habits to better your quality of life. My best friend has proven this to be true multiple times throughout my time knowing her. She encourages me to be the best possible version of myself when I start to form a bad attitude regarding the circumstances surrounding me. She is the person I go to when I begin to lose motivation or become discouraged. We have formed a bond that is aimed towards helping one another truly see this world as the best possible world there is.

My best friend is my everyday hero. She faces the bad days right by my side, and she is there to enjoy every special moment during the good days. She is the person I call when I need advice, and she was the first person I texted when I got accepted into college. My best friend is the person I laugh with until our sides hurt and we have to gasp to catch our breath. Every person needs a best friend to bring out the optimism in his life, but I am convinced my best friend is the absolute best there will ever be.