

How I Find Peace After Tragedy

By Adalia VanArsdalen

Youth Category: First Place

The soothing feeling of the strings against my fingertips, playing a musical instrument is one of the ways I deal with tragedy. Picking up my ukulele or guitar and playing a melodious song helps calm my emotions. The touch of every note from each different instrument has a different narrative. The heartwarming sound the strings make travel up to my ears and remind me of memories from my past as if every memory has its own song. The tapping of my foot to the ground as I zone out and focus on the joyful noise that surrounds me. Playing a musical instrument is one way I deal with tragedy.

The sound the wind makes as it whips across my face, riding my bike is another way I deal with tragedy. The twisted trails and the uneven ground below me clear my head from any sorrowful thoughts I might be experiencing. The textured grip on the handlebars gives my hands something to compress as I focus on all the emotions and thoughts rushing through my head. The pedals fit perfectly to my shoes as I put all my frustration and misery into turning the pedals until I go too fast and I can't control my bike anymore. The beautiful scenery that encloses me makes me feel like I'm the only person that exists. Riding my bike is another way I deal with tragedy.

The gentle sound of the music in my ears, listening to music is another way I deal with tragedy. The words penetrate in my mind and it helps me overcome whatever devastation I'm facing. The beat of the music makes me feel relaxed. I slowly become more optimistic as the jubilant sounds take a toll on my negative emotions and I start to feel joyful. The pounding on the drums, the claps from the cymbals, the strumming on the guitar, the rhythm from the piano, the vibrations from the bass. All these sounds help me clear my mind. Listening to music is another way I deal with tragedy.

The soft sound the pencil makes when it touches the paper, journaling is the final way I deal with tragedy. Putting all my thoughts and emotions down on a piece of paper helps me

express my feelings and helps me cope. I grip the pencil tightly to deal with my sorrow. The words I write flow easily, and the more and more I write the grip on my pencil gets weaker and weaker because journaling helps me deal with my emotions. Journaling helps me deal with tragedy.