

**2021**

# ***Look on the Bright Side Day***

*By: Kwame Oppong Amankwah*



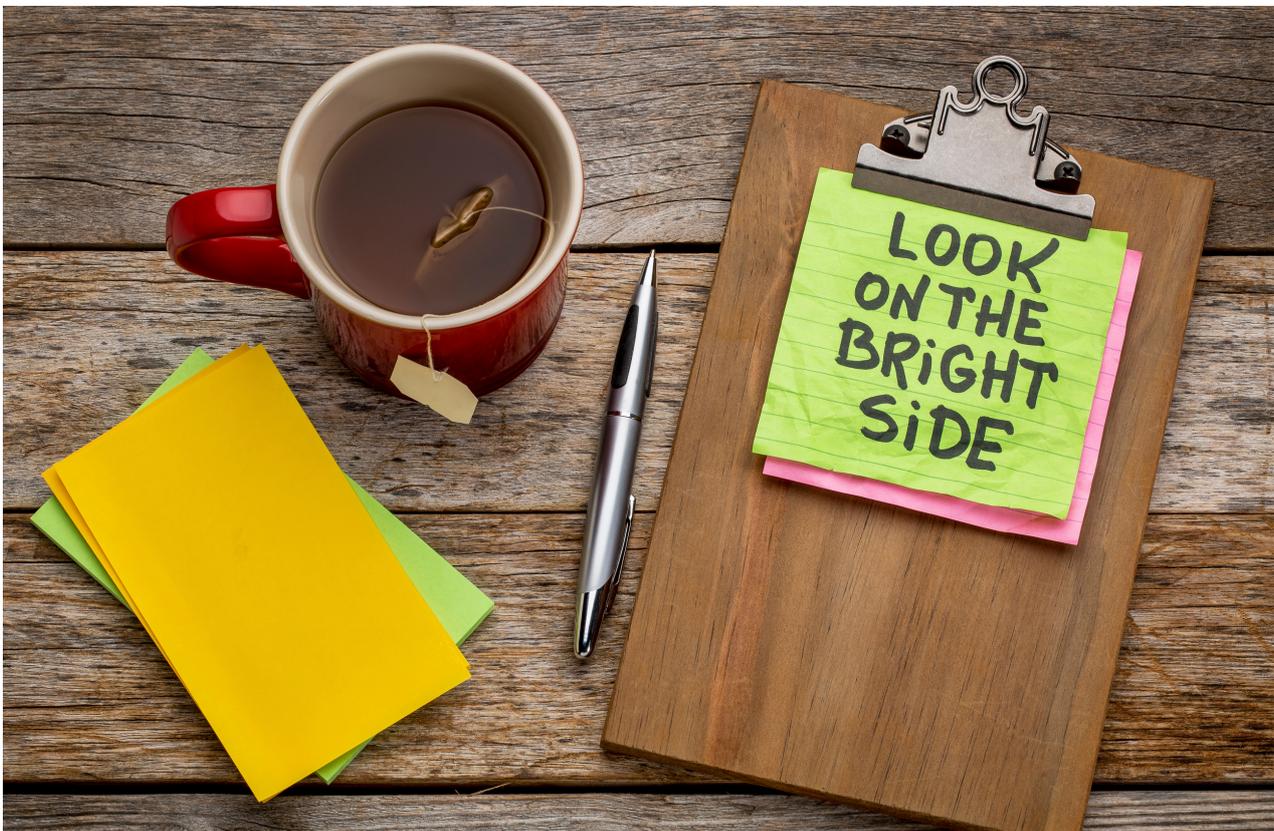
**The Israeli Model United Nations Association**

*Dedicated to the Next Generation of Diplomatic Leadership*

## **Look on the Bright Side Day**

We can't always be optimistic but on "Look on the Bright Side Day", celebrated on December 21st, we can always try our best to be! Its quite normal to feel a little down especially in these times of global pandemic and its related challenges. But, fret not, every cloud has a silver lining. While it may all sound very cliché, being optimistic is scientifically good for our bodies and minds.

Now, as the celebration of the day does not have a specific root to any culture or religious background, people all over the world celebrate it together with other celebrations that fall around December like Hanukkah, Kwanzaa, Christmas and of course New Year.



It may be the shortest day of the year, but we can be optimistic and take something beautiful out of it and share stories of encouragement despite the difficulties one may be facing. The phrase "Look on the Bright Side," pushes us to see things positively in life and to see the good in the difficult things that have happened to us. Let us understand that everything happens for a reason even things such as illness, unemployment and a broken relationship.

**We can talk about the 27-year-old who saved up enough money to cover her family's housing expenses after her mother lost her job during the Covid-19 pandemic. Cutting out all non-essential expenses, she took up extra work so as to assist her family during this challenging times. She did not allow the current situation to determine the fate of her family but looked on the bright side of it and took greater responsibility.**

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**Now she is able to pay for more than the housing expenses and can take care of her family and she sees her mother's loss of job as a blessing because it has brought out the strength in her to take up responsibilities as a young woman. It is always important to look on the bright side of life. We need to learn to practice the law of attraction which keeps us focused on the positive things around us and wish them into being, as positive energy attracts positive energy.**

Another story is told of an African King and his friend who always saw good things out of bad circumstances. One day the king and his friend were out on a hunting expedition. The friend would load and prepare the guns for the king. The friend had apparently done something wrong in preparing one of the guns, after taking the gun from his friend, the king fired it and his thumb was blown off. Examining the situation the friend remarked "This is good!" To which the king replied, "No this is Not good!" and proceeded to send his friend to jail.



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A year later, the king was hunting in an area that he should have known to stay clear of. Cannibals captured him and took him to their village. They tied his hands, stacked some wood, set up a stake and bound him to the stake. As they came near to set the fire to the wood, they noticed that the king was missing a thumb. Being superstitious, they never ate anyone that was less than whole. So untying the king, they sent him on his way. As he returned home, he was reminded of the event that had taken his thumb and felt remorse for his treatment of his friend. He went immediately to the jail to speak with his friend. "You were right," he said, "it was good that my thumb was blown off."

And he proceeded to tell the friend all that had happened. "And so I am very sorry for sending you to jail for so long. It was bad of me to do this. "No," his friend replied, "This is good!" "What do you mean, 'This is good'? How could it be good that I sent my friend to jail for a year?" "If I had not been in jail, I would have been with you."

So celebrate today, "Look on The Bright Side Day", take something beautiful out of the day by being cheerful and optimistic. After all, the sun will come again! Go outside into the world, take a walk through the streets with a smile on your face as you call friends to spend time together.



Once the time to spend with friends comes around, we can talk about our day and theirs, smiling and laughing at the jokes they make while passing the time and socializing with them. Being positive is not all about wearing a smile upon our faces, it is about being happy in our our minds and hearts. So get together with your friends and family, and help uplift their day and yours by looking on the bright side.

"Whatever hard thing you are going through, remember life doesn't put any obstacle in your way that you cannot overcome."

Omri Ovadia

Head of Society, BGUMUN



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## *Meet the Author*

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**Kwame Oppong Amankwah is a student of Belgorod State Technological University in Russia, pursuing a Master's degree in Economics. He holds a Bachelor's degree in Business Administration, with a Marketing option, from Ghana Baptist University College. He is interested in student leadership and diplomacy, as a former Student's Representative Council President of Ghana Baptist University College and is currently serving as an Associate Member of the Marketing Department at IMUNA.**