

2017 International Essay Contest for Young People

[Children's Category – Honorable Mention]

The Big Clock

(Original)

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It was a week ago when I found the cherry blossoms starting to bloom. Thanks to extreme weathers, they flew back to the ground and on our heads only a few days later. Not having enough time to take a look, I hurried to my after school academies. The smiling blossoms seemed to sneer and laugh at my busy life. I wondered too, why am I so busy? I have 24 hours, and those flowers also have 24 hours. But unlike me, they blossom when the sun reaches them, and fall when the wind takes them. They just let time pass and follow the natural order of things. Why are humans the only living thing on Earth who struggle to overtake time?

Outside the window, cars are speeding up not to miss the traffic light. People are running not to miss the bus. Inside my house, I'm also slamming my keyboard like crazy not to miss the deadline. You, the reader would also be hurrying though the papers to evaluate them all in time. Only my pet parrot seems to be peaceful at this moment, looking sleepy and nibbling at his feet. We humans constantly take a look at the watch, afraid of the one minute that's passing by, as if that one minute is the most important thing in your life. That's stressful. It isn't tremendous amounts of homework, nor different curriculums that create stress, it is measuring time. After school, we have 2 hours to do our homework, 3 hours of studying at the academy and it is past 10 p.m. when we arrive at home. No free time at all. Doesn't this sound so stressful? And this is not a problem only for students. Our parents, workers, teachers and almost every single person get stressed because of time. Tight schedules hold us and give us no space to breathe.

So what could we do to make that space? We can't just quit doing all those work. Also we can't just stand out there like a tree, doing nothing. Then, what could we do? Let's try not to be so extreme. I am not saying we should always be free from time. Instead, you can take a few minutes for yourself. If you are so tired to keep on going, just take a minute

break. Having a break may seem dangerous but try to look at the big picture. Some time for yourself is definitely needed. When birds migrate, they fly unbelievably long distances. If they are late, the cold air gets to them and kills them. But they still take time to rest between flights. It is because those breaks give them the energy to go further. Just like this, rather than measuring time, take a minute break. It doesn't seem much but it still helps you a lot mentally. For me, it made me feel a bit more relaxed. Take a minute to breathe and move on.

Academy after academy. Work after work. When you race to catch after time, you become a racehorse, your peripheral vision blocked, just racing to the thing in front of you. This isn't how you should live. We need to take time to rest a few minutes. Take a look at those cherry blossoms now. Take some time to heal yourself and crawl out from under the huge clock that's been pressing you all along.