

Our Ideal Role Model

(Original)

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Introduction

Nature is the beautiful physical world, as we know it. As civilisation develops, we are growing to be more and more dependent on nature by extracting its resources and controlling it. Nature assumes a noteworthy part and affects the lives of all living beings; nature affects my life on a daily basis, in different ways. We can all learn from nature and utilise this knowledge by helping our surroundings as well as ourselves. Personally, I have learnt 3 major lessons from nature that this essay will be exploring.

Adaptation

The first lesson I've learnt is very harsh and crude; if nature can adapt to different environments, conditions and situations, so can you. Nature experiences extreme changes and huge struggles to adapt to these different factors. However, they do adapt and they do so impressively quickly. For example, the diet of some songbirds is changing due to avoiding insects that consume leaves with high levels of carbon dioxide. Nevertheless, humans are reluctant to get out of their comfort zone to try something new and grab new opportunities, due to the fear of not being able to adapt. I believe that we should all at least try to adapt to changes and new environments/conditions/situations! Taking the risk to adapt and being flexible could potentially lead to an enormous increase in happiness and self-satisfaction; how would you know if you don't try it? Stop limiting yourself; when life throws an opportunity at you, grab it and make the most of it! Adapting to different factors has helped me a lot in my personal life, such as having to move houses. When moving, I lost touch with all my neighbourhood friends and I felt very lonely at first; however, I later started adapting to my new situation and make new friends.

Strength

Nature, unfortunately, has been subject to a lot of hardships. However, nature still

thrives and does not cease to expand and grow. For example, when plants are cut down by gardeners or eaten by animals, they do not instantly die. They make the decision to thrive and grow quickly; research has shown that they often grow back to be stronger and bigger. This theory also applies to life; life is magnificent, full of joy, love and opportunities. However, there will also be bad days. For example, I can tell from personal experience that the stress from exams can seriously affect us. Sometimes, I may feel the want to give up on school and stop revision but then I remember that I should follow Mother Nature's steps and thrive. Therefore, this is what I do; I continue on thriving, and so should you. Do not let life's difficulties destroy you but fire back and succeed.

Balance

I have always admired nature's perfect equilibrium in its system; every organism has its own value and they work together in perfect harmony. An example is the food chain in which organisms are interdependent. Nature is the example of how balance can exist within a complex ecosystem. I realised that our mind and body are very much similar to nature, but we are not conscious of so as we are too busy with our complex lives. If our mind and body could co-exist in harmony and balance, personal peace and stability would be achieved. For example, if our minds can learn to love and cherish our bodies, we would be in a state of peace and stability. If we are balanced individuals, it will be harder for life struggles to destabilise and demotivate us.

Conclusion

We have to follow nature's steps and grab the lemons life gives us and make lemon juice out of it. Nature has quite a few lessons human beings could learn from and we should seriously use those lessons in our lives. Nature is the perfect role model to go to when you are having a bad day or feel like nothing is ever going to be better.