

Find Peace by Giving

Jessica was supposed to be doing an essay on a quote by MD Debasish Mridha - "You find peace not by looking, but giving." She didn't have any ideas to start her writing piece off. She wanted this to be the best piece of her writing she had ever written, but she couldn't relate to the quote at all. In all the other assignments, she had related to the quote and wrote her opinion and her own experience with the saying, but now she was stuck. She needed help. So, she went on google and searched on how you can find peace by giving unto others. She also searched about the neuroscience of giving, hoping it would help her with her essay. And to her luck, she found an article called: The Neuroscience of Giving|Psychology Today by MD Evo Ritvo. As she read through the article she decided to try giving/helping someone, in order to better experience the quote herself.

3 days later:

She had done it. Jessica had volunteered at the orphanage near her house and had served all the children there including the staff, her mother's: famous tacos. When she had finished serving them, she had this feeling in her heart and stomach indescribable. Jessica felt she had accomplished something massive. And she had, all the people there were very thankful to her. For giving them a sense of home a lot of them never got to experience. As she sat down to write her essay, she was surprised at how the words glided across the paper from her ink blue pen.

The Essay:

Jessica POV

Finding inner peace is not easy. It requires a lot of self-love, self-confidence, and what more. However, by giving unto others, even the people who hate themselves for who they are can find the peace they didn't have for a long time. According to The Neuroscience of Giving|Psychology Today by MD Evo Ritvo, "Helping others triggers impacts to our brain in many positive ways." One of the positive ways helping/giving to other is through "The Happiness Trifecta" Evo Ritvo explains, "Helping others triggers a release of oxytocin, which has the effect of boosting your mood and counteracts the effects of cortisol (the dreaded stress hormone). Interestingly, the higher your levels of oxytocin, the more you want to help others. When oxytocin is boosted, so are serotonin and dopamine!"

However this is not all. From my own experience helping others gives you a feeling unexplainable and irreplaceable. When I went to the orphanage near my home and served all the people there some warm food, and saw the big, wide smile on their faces I instantly smiled too. I felt amazing and couldn't describe the feeling. I Knew I had made their day, and it was only a simple warm meal that was like heaven to those children. They all thanked me and I felt like the best human being on planet earth.

All of this proves that you can find peace by giving just like MD Debasish Mridha says in her quote, "You find peace not by looking, but giving." Psychology Today agrees with her and so do I. The feeling of giving to someone something is a feeling that none can describe.

The next day:

Jessica walked out of her English class the next day with the biggest smile on her face. Not only had she gotten an A+ on her essay, she felt so nice, and promised herself to go back to the orphanage and serve another warm meal to the people living there.

The End

Resources used:

- ❖ Google
- ❖ Psychology Today
- ❖ The Neuroscience of Giving|Psychology Today by MD Evo Ritvo
- ❖ Google Docs