

# “Celebrating Our Humanity”

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The definition of human is an individual belonging to a species with intuition and self-consciousness, but my point of view upon this is that what makes us humans is our kindness, our caring for others' well-being, the way we value morals and respect ourselves and others. I strongly believe that humanity is a quality that is extremely hard to achieve. We tend to forget that we are all equal and that no one is more privileged than others.

One of the most important features that emphasizes our humanitarian side is learning to put others first and love them. Most people think that it is the best to be self-centered, but in my opinion, that is why the society has become terrifying and divided. Focusing on others does not mean you have no self-respect, it just means that you perceive others' feelings well and you take them into consideration. It is not hard to listen to someone's opinion or to try your best to help them. In our society system, we are taught that our whole existence is a competition, starting from school, job searching and other aspects. We are taught that if we are not brilliant or geniuses, we are nothing. At least, that is how I feel. We celebrate something that, for some of us, has been long lost. That does not mean that we should not be confident in ourselves. We should be able to encourage ourselves, to be brave and strong, but there is a fine line between confidence and arrogance, which, I think, is the illness that affects most of the people in the 21<sup>st</sup> century.

Humanity means accepting others as they are, trying to understand and helping them. We often tend to ignore someone because that is what the majority does. There are people in this world that are afraid to express their opinion concerning certain topics because of the fear of being judged. Thus, their voice is muted even before words leave their lips.

All in all, I consider that you cannot love others with all your heart if you do not love yourself. Loving yourself does not only mean pampering yourself from time to time, it is far more than that. It means loving yourself with all your imperfections, eating good food for your well-being, reading good books as food for thought and appreciating your existence.

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