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Stubborn Optimism or Toxic Positivity

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Stubborn Optimism or Toxic Positivity



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A [global pandemic](#), 6,332,783 Covid19 cases, 376,041 deceased and counting, riots in the streets of every major American city, recession on the horizon, 40 million jobs lost, a [devastated world economy](#) and more. This is pretty much the world we are ALL living in across the globe and sometimes it is impossible to escape the news. If it is not on TV, you will catch it on any of your social media platforms, if not on any of these two, you will get it through a text from a friend or as you chat with another.

Amid all of this, one may ask: "How can I continue to be productive, positive or optimistic and also take care of myself, my family, friends and pets?" I am writing this today not to preach optimism but to encourage us all to "*Stay in our lanes*" as my friend artist [Allison Adams](#) put it so well together. As I was listening to Political strategist Tom Rivett-Carnac deliver his TED talk "[How to shift your mindset and choose your future](#)" remotely, I was extremely intrigued by the term "**Stubborn Optimism.**" According to Tom, "Choosing to face this moment with stubborn optimism can fill our lives with meaning and purpose, and in doing so, we can put a hand on the arc of history and bend it towards the future that we choose."

I am not encouraging us to pretend to be optimistic or portray ourselves as being happy no matter what. This will basically be switching off to anything happening and tuning out to the current world events, in other words what we call "[Toxic Positivity](#)"

What I am hoping we consider is to continue to do what we need to do to keep our lives going remotely or in person and continue to be productive citizens and players in our global economy no matter where we are located and what we are doing. We are **NOT** all social justice activists nor medical professionals but we can all do our part by continuing to do what we do best. Writing, performing, teaching, raising kids, taking care of people in hospitals and other facilities, being good friends and family members and most importantly taking care of ourselves and our environment.

Emily Flake puts it very well: ["Your efforts matter now as much as they always did."](#) She reminds us in her essay with the workers who were rearranging the deck chairs on the Titanic or the ensemble continuing to play the violin until the last minute. While all of them sank beneath the ocean, [Emily Flake](#) inspires us to see that **That is hardly the point.**

"The point is, I did my duty to the best of my ability and froze to death with a satisfied heart."

I want to end this piece by the words of Prophet Mohamed my mom reminded me with earlier last week. The Messenger of God, peace and blessings be upon him, said, **"If the Resurrection were established upon one of you while he has in his hand a sapling, then let him plant it."** He is encouraging us to "Plant a seed even if you can't see it blossom. Do good even if the reward seems insignificant. Nothing goes unappreciated by the All-Seeing."

I encourage you all to continue to plant your seeds and not worry about the reward.

Take care of yourselves, my friends. We will all meet again. [The grave awaits us all, and always has.](#) Your work ethic and purity of heart is the key now.

Stay safe, Stay healthy.

#blacklivesmatter #covid19 #economy #plantyourseed

"I understand that I will never understand. However I stand"