

The trials and tribulations of balancing college tasks and personal development can be deceptively hard for youngsters. It is inevitable that those who have reached their early 20s would feel the societal pressure posed by social media, namely modern-day issues such as the increasing importance of materialism and distorted body image identification contributed heavily by the increased prevalence of new media.

Thus, in this essay, the author would like to share his method of overcoming conflict in today's ever-changing societal landscape. Conflict can derive from many outputs of life whether it may be education-based, relationship-oriented or even mentally formed. Whilst it is impossible to avoid conflict, there are many ways to approach it.

Communication. Talking to someone in the author's opinion is the easiest way to overcome an issue however, it is important to choose the person wisely. Share your conflicts with someone you respect and hold in high regard. Even though they might not have given the right answer you are looking for you have at least released some parts of your burden caused by the conflict. Just talking about your issues may it be a minuscule conflict will help you visualize your problems so that you can position your thoughts cohesively.

The author's experience with communication is with his mother. As a preface, the author's mother is predominately religious in her approaches to life, believing in superstition and related ideas. Whilst the author has not fully bought into this ideology, the author marginally believes in religious faith with an air of scepticism. Being brought up in a religious family, the author believed in religion at a young age even though it was not forced upon him. While this belief has departed him in his later years, he still tends to have faith even though it has played second fiddle to the monstrosity called life.

However, even with the deterioration of the author's faith in his religious belief, he seeks comfort with his mother's opinion. It gives him a different insight into his perspective even if it may be questionable at times. As an example, the author tends to be hyper-focused on the tasks he carries out whether it may be education-based or personal endeavours. He lumps this stress over into his personality when things don't go his way hence, to overcome these noticeable issues he seeks his mother's advice.

His mother said, "If it is meant to be, then it will happen if not it's not the end of the world", whilst this initially sounds like a parent who has given up on their child, after the author sat on it for a few days and the tasks he was worried about eventually had settled, he realized that being stressed out for mundane tasks was not worth it.

No matter what happens, it is always better to think that there is a brighter tomorrow than a gloomy today. Seeking the positive in negative situations makes life more enjoyable and purposeful, being grateful for minute things such as food and clothes and seeking comfort in acceptance fills every individual with happiness.

Thus, overcoming conflict in the authors' opinion is by seeking the positive from every situation being grateful for your position in society and just rethinking if "it is worth it" to worry about things that you can't control. In today's rapidly moving society, it is very easy to get lost in jealousy, lust, fear, anger and uncontrolled feelings hence, sometimes it is better to just take a break and look at the bigger picture or even how far you have come.

Social media and today's society make it too accessible for people to find mental conflicts sourced from comparison. Asking 'Am I good enough' or 'Am I rich enough' should not be a daily occurrence in youngsters' lives, this thought process is mainly derived from the lack of joy gained from carrying daily tasks and spending time with loved ones which is unfortunately often not prioritized over looking at your smartphones mindlessly for hours in today's society.

To sum it up, overcoming conflict in life is just a thought process from the authors' point of view, we can all choose to be happy if we want to. However, due to society's shifting priorities and increased adverse effects of social media, mundane conflicts have led to bigger issues such as the like of mental illnesses.

"Comparison is the thief of joy."

Theodore Roosevelt