

Published August 13th, 2014

## Positivity Power

By Caie Kelley



A recent Miramont graduate, Caie Kelley, is a gold medal swimmer, piano teacher, VP of Club BTSYA, co-host/reporter on the radio program, Express Yourself!(tm), and award winning speaker/debater.

talking to my dad, and so I do that often. I also avoid uncomfortable social situations that can hurt my positive outlook." Sommar V., an incoming junior, pointed to her father as a source of stability as well. "I enjoy long car rides home with my dad, because we have one-on-one time to talk which I really value," she said.

For most Lamorinda teens, focusing on these simple moments help them retain a positive outlook. "I find swim coaching rewarding because teaching kids is something that I love to do, and because I'm working with people I admire. I feel positive," said Katie L., a senior at Campolindo High School. Similarly, "Riding horses is fulfilling because it is such a mental game. It requires my full attention and stops me from stressing about other things, and it is easy to see when I am making progress," added Sasha H., a local teen who attended Athenian.

Whether it's a movie night or an extracurricular activity, these teens tend to look on the bright side. We have a choice of seeing a glass half full or half empty. Attitudes are contagious. Is yours worth catching?

The opinions expressed in Teen Scene are those of the writer and not necessarily those of the Lamorinda Weekly.

What is the power of positivity? I was trying to explain to my friend the value of considering different perspectives when looking at an issue. I have definitely found myself on certain nights - I won't say how many - complaining to my friends about little things that aren't a big deal but feel vitally important to me. But I've found when I've broken those negative patterns and chosen to talk about what's working, I quickly realize how much I have to be grateful for. So now I think a little differently. Yes, sometimes I'm a little stressed about not having enough time to check off every item on my to-do list, yet I am healthy, I have a wonderful group of family and friends, and I find my work fulfilling. These are all positives and it doesn't get any better than that.

Beyond my personal experiences, how do other Lamorinda teens approach positivity?

Mariel S., an incoming senior, explained that her secret to a positive outlook lies in not taking life too seriously: "Sometimes, it's a matter of spending time with my friends watching chick flicks and giggling about Channing Tatum - I try to surround myself with friends who make me laugh."

Julia D., a Miramonte June graduate, echoed Mariel's sentiment when she said, "I've gotten to the point where I know what matters to me, like

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