



<http://artistderekcollins.blogspot.com/2017/03/colorful-ocean-sunset-acrylic-painting.html>

Beauty has the power to bring relief to people who face problems in their daily lives.

Whether we are listening to a masterfully crafted song that perfectly describes the hardships we are trying to overcome or wearing a new outfit to a stressful job interview to try to feel more



confident. These small acts of beauty inspire relief and are found in our day to day lives. As former North Carolina State University championship-winning coach, Jim Valvano once said, "there are three things everyone should do every day. Number one is laugh.

<http://www.johnrobertsonsportsart.com/2009/11/basketball-art-painting-of-dunk-shot.html>

Number two is think -- spend some time in thought. Number three, you should have your emotions move you to tears. If you laugh, think and cry, that's a heck of a day" (Valvano). Even on our lowest days, people can use beauty to take a moment and accomplish a day that Coach

Valvano would be proud of, a day with a good laugh or cry and taking some time to think. Finding beauty on the days when all you seem to do is cry and think about the tough times you are going through is a very hard challenge because it seems impossible to find the relief. Philosopher and author, John Armstrong, brings Friedrich Schiller's ideas of psychological drives balancing in harmony in order to produce beauty to the present day in his article, "La bella vita." He explains that the first drive is "sense" and the other is "form." Separately, they both have their strengths and weaknesses, but together they reach a balance that aids in a human's ability to see how beauty can change their lives (Armstrong). Everyone has unique drives creating an individualized image of beauty. Although Armstrong claims that people need the harmony between the sense and form drive in order to see beauty in the world, I think beauty is all around, waiting to provide relief to those who need it.

Beauty is not an equation that requires equilibrium to be seen but rather a natural phenomenon that aids in the relief of all people. In "La bella vita," Armstrong describes Schiller's ideas of how humans need the harmony between the sense and form drive in order to see the beauty in the world. The sense drive relies on the instantaneous gratification we receive from different situations whereas the form drive is often delayed. When someone lacks the balance that



<http://najihahzul95.blogspot.com/2015/06/basic-graphic-design.html>.

Schiller aims for, we are often seen as imperfect people. If a person is too shallow or compassionless, it means they are lacking some aspect of their sense or form drive, and are

unable to see the beauty resulting from balance (Armstrong). However, in my eyes, beauty is always there but often times, it takes a person in need to see it.

Beauty comes from finding laughter in all that you can while you are surrounded by so much hate in the world. Laughter is a big part of my life. I love stand-up comedy and making people laugh because it has the power to lift spirits and give a moment of stress relief to those around you. As students, parents, and employees, our lives are filled with stresses that never seem to end. This constant stress may cause long term harm, emotionally and physically, to people all over the world. However, humans and many other animals, have a relief mechanism built into their natural biology that helps bond us together. Jeff Wise from Discovery Magazine interviewed Sophie Scott, a cognitive neuroscientist, about the human behavior related to laughter. She says that it plays, “a crucial role in the social bonds that have helped us survive as a



species.” When you make someone laugh or someone makes you laugh, there is a natural response for you to want to join in (Wise). This connection between humans is what I find so beautiful. The contagious laughter that is hardwired into our brains allows us to consciously or subconsciously share some of our joy with another person which indirectly makes you happier in return.

<http://www.flickr.com/photos/davidfs/4499992094/in/faves-telesforo/>

There is so much hate that fills our government, communities, and countries that sometimes people feel overwhelmed and hopeless. However as science teaches us, that when you laugh, “the world laughs with you,” creating a relief that will prepare you to triumph over hate (Wise).

The students at the University of New England (UNE) find beauty in the nature all over campus. We are surrounded by the color changing leaves of fall and stunning ocean views at many spots on campus. We cannot walk outside without seeing the amazing artistic ability that the world has. Our image of the beauty in nature does not stop with the views on campus but continues into our efforts to make the world a more beautiful and healthier place. The University of New England is a very eco friendly school with many ways for students to recycle while also being energy efficient. The nature that surrounds the students at UNE extends to our emotional use of nature. English Composition student, Jonathan Laurie, interviewed his fellow classmate, Will Wood on a [podcast about beauty](#). Wood explained a time where he was walking out of class and noticed a powerful oak tree with orange leaves protruding through the dull grey sky. The beauty of that tree allowed him to forget about the stress of midterms and homework and “appreciate that moment” he took to admire it. He believed that that moment “affected his day and life” (Laurie). This one instance of beauty that captivated someone’s day



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for just a brief moment affected their emotional and stress level. The University of New England is a campus that may be beautiful on the outside with its’ many nature scenes but the true beauty lies beneath how nature provides relief in the lives of students everyday.

It is beautiful to find relief from the problems that life throws at us. Beauty sounds like such a simple topic because on the surface people think of things that are beautiful only due to their looks. They list paintings, fall foliage, and a beautiful people but what they forget is, is the power that lies within true beauty. The students at UNE may consider the nature around them to be beautiful but they may not realize the effects it has on them emotionally and mentally. Although I consider it beautiful, laughter would not be considered under most people's idea of beauty but if you look at the relief it gives to them then its relation is evident. UNE students, Jamie Lee and Taylor Mara, interviewed Taylor's 10 year old sister, Riley for their [Interview about Beauty](#). Her young point of view, showed us a very simple way to explain why beauty is important to the world. Riley says, "if there wasn't beauty... then the world would be a lot



sadder" (Lee and Mara). This explanation may be youthful but there is a lot of truth behind it. Many times, life may seem to be constantly hitting us with bad news or stress. Whether it may be the death of a loved one or failing a math class, both are terrible and

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However, sometimes the light of laughter or stunning scenery is found in the darkness of many tragic situations.

you may think the pain will never stop. However, sometimes the light of laughter or stunning scenery is found in the darkness of many tragic situations. Someone may utter a joke to someone who is grieving, and just for a moment they are able to laugh and escape from the overwhelming sadness that has encompassed their heart. Or a student takes a moment to look up on their way back from math class and notice a magnificent sky full of stars. These moments are beautiful because it gives relief to someone who thought their problems would never end. It inspires them to believe that it is possible to feel joy and hope again after something tragic happens.

Imagine a society where stress and pain relief were built into our day to day lives. Students were allowed to take a moment and admire the beauty in the world around them without worrying about their next assignments. Employees could share a laugh with coworkers without thinking about the subtle rivalries between those who could get the next bonus. These daily moments of relief could help people live longer and healthier lives, all because of beauty.

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