

CHAOS

Oxford dictionary: chaos n. "great disorder"

I don't think the Oxford dictionary gives us the best definition of what chaos is. I used the thesaurus instead, and I like these words better: turmoil, clutter, mixed-up, muddled, topsy-turvy.

The past few months *have* been chaos.

- We are being taught at home, on a screen, not in school, by a teacher.
- Today, my friend says, 'everything will be fine', but yesterday she wasn't sure, what's changed?
- At home, Mum and Dad are both here, together, not at work, separately.
- Activities are 'cancelled' but not really cancelled, you can still do circuits in your living room (apparently!) using zoom.
- Most countries are closed so we aren't likely to be going on holidays but if countries reopen, maybe we will go, but will it be safe to? Maybe better we don't go – who knows!
- School starts back in September, but maybe not the same as it always been (for the past 11 years), maybe it will be the same, or maybe not!

When I began to get anxious about all this chaos in my head, I spoke to my mum. She told me my brain was a bit like the cupboard under the stairs that Dad sorted last week. Dad had said, "the stuff in there was all over the place". There were things in there that shouldn't have been, it was all muddled up. A Hoover, water bottles, craft stuff, pet food, cooking things even roller skates! He took everything out, got rid of the stuff that was useless (water bottles), moved other things to where they should have been (roller skates and pet food) and then sorted everything back into some sort of order.

Mum said I should talk about the confused and mixed up thoughts and feelings that were in my head. That I should share them with her or dad or someone who would help me sort out how I really felt about them. I could then decide to take some of them out of my head permanently (things that were other people's responsibility to think about) then I could put the thoughts I needed back into my head, in some sort of logical and rational order.

I wrote about this for an English homework and my teacher told me my story was an example of great 'resilience'.... better get my dictionary out again!

Oxford dictionary: resilience n. the capacity to recover from difficulties

Written by a 15-year-old during the COVID-19 lockdown of 2020.