

#6

*cause a strange opening  
this is genuine a decent influence*

### Solace

*I think you mean Cavalry, out why?*

Everyone has a bad day once in a while, and we all have ways to find solace. Whenever I have a bad day, I find solace in my friends, family and even my job. Solace doesn't only need to be found just <sup>(pick one)</sup> ~~due to~~ stress or a bad day; it is a sense of comfort that is good to maintain <sup>because of</sup> throughout ~~ones~~ <sup>your</sup> life. Solace can even be found by taking the time to reflect on the day and taking a different perspective prior to bringing out the Calvary. One should always find healthy ways to achieve solace, and sometimes food is the <sup>answer?</sup> ~~culprit~~. Depending on the predicament <sup>and</sup> ~~or~~ even trying to maintain solace, is how <sup>start here...</sup> I decide which method is right for me to obtain and maintain solace.

Friends and family are always there when ~~ever~~ I need to talk or get a different perspective on a bad situation. Kelli is my best friend <sup>and</sup> I have called ~~upon~~ her many times; and many ~~of~~ <sup>times</sup>, she has come through. Recently, we both ~~had~~ lost a friend to suicide, and we had to turn to each other for solace and support. No one can ever find complete solace after a loss like that, but we both found comfort in our friendship and that we still had each other. <sup>in fact,</sup> ~~One~~ <sup>you</sup> can find comfort in friendship <sup>anytime.</sup> without ~~having a bad day~~. Kelli and I find solace ~~in~~ spending time with each other, and no matter how much time we have spent apart, it always seems like we were just together yesterday. Kelli helps me to ~~regain and or~~ maintain a sense of solace. <sup>If good - makes you point</sup> All though Kelli is my go to girl, my family is also a huge comfort for me to have.

Anytime I need anything, <sup>gives me</sup> may it be money, comfort, or support, my family is always by my side. My family <sup>is at time</sup>, the strength I need to get through a day. They are the reason I <sup>sometimes</sup>

Anyone specifically?

was what kind of food? why unhealthy? Paper 1 page 2

gave up food as my solace. Whenever I would be upset, sad or even happy, food was my comfort. My family explained to me that this was unhealthy and even a type of addiction. They all made it quite easy for me to give up the food and find solace with them. From my grandfather to my sister, everyone in my family always there to support each other and I know we all find solace in knowing that. We also make it a point to get together regularly as a family to maintain that sense of solace. If I ever have a bad day, I think of my family time and the mere thought of it is just enough at times. Family and friends are a huge comfort to me, they help me obtain and maintain my sense of solace, but so does my job.

What is your job like or where do you work?

My job is very rewarding, and I find great solace in the fact that I get to help others at the most ghastly moments in their life. They may be injured, sickened or even mentally diminished and they all need solace. I take comfort in the fact that I may have made a difference, even gave just one person a sense of solace. I get to not only help people in their time of need, but a huge part of my job is educating others on emergencies and non-emergencies. At times, I pick up hours at work just to regain that sense of solace and give that sense to others. In my case my friends, family and even my job, are a great means of solace; there is much to learn from this.

Can you find some synonyms for solace, or explain what kind of comfort? (omit word)

You already said this

Solace doesn't only need to be found due to stress or a bad day; it is a sense of comfort that is good to maintain throughout one's life. Having friends, family or people in your life that you can interact with and talk to can give one solace in life. It is important to not only find what brings one solace, but to maintain it throughout one's life. By surrounding yourself with people who bring you solace, and finding a way to return that feeling to others, one should never feel uncomfortable again.

(B-)

Be more specific when you tell your story - it worked for you, make it interesting.