

A famous line by John Keats that says:

"A thing of beauty is a joy forever" which means beautiful things leave an ever lasting effect on human mind.

Beautiful things leave a deep impression on our minds and continue to be the source of our happiness even when they are gone.

Beauty can be in the form of nature, art and human character.

The beauty of nature has a deep effect on our minds and soul. The scenic views of mountains, sunsets and colorful flowers calm us and help us relax our mind.

According to NIH (National Institute of Health), the 98%.

of the research reported ~~about~~ improvements in mental health when people engaged with natural environments.

Beauty can be in the form of art like a good piece of poetry, a meaningful poem, an inspiring music or a thoughtful painting. These things can move human soul and stay with us forever.

Moreover, Beauty can be in the form of human character and gestures.

~~Exempli gratia~~, when someone shows up for us, when we are in need of help, when a random person's compliments you nicely, when someone shows you kindness when you least expect it, such acts create a beautiful memory, that we cherish our whole lives.

Studies have shown that helping others and showing kindness improves emotional well being and leaves a lasting positive impact on people.

Therefore beauty plays an important role in human life because it inspire hope, brings peace and reminds us of the goodness and harmony that exists in the world, encouraging people to appreciate and protect beauty around them, so they can enjoy life.

Rully