**Brainstorm Sheet \_ 2024 Winter Semester**

**Essay 1**

**Theme: Personal Experiences / Opinions**

Your topic: Three ways to get away from worries

title : Letting Go of Worry

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| **Introduction** | Hook: How do you get away from worries?  Connecting sentence:  In life, we face various types of worries, such as concerns about an uncertain future or personal relationships. While small concerns, like deciding what to eat for lunch, are often resolved quickly, bigger worries—like those about the future or human relationships—can disrupt our lives and even lead to insomnia. To break free from these persistent worries, we often need a specific trigger.  Thesis statement: In this essay, I would like to share three effective methods I personally use to shake off my worries. | | |
| **Paragraph 1** | **The main idea of Paragraph 1?** | **Major supporting details** | **Minor Supporting details** |
| Intentionally focus on something else. | Since the human mind cannot focus on two thoughts at once, intentionally shifting to another topic is an effective way to escape from worries. | - Recall the lyrics of your favorite song and sing along.  - Plan simple, routine tasks like mopping the floor or doing the laundry. |
| **Paragraph 2** | **The main idea of Paragraph 2?** | **Major supporting details** | **Minor Supporting details** |
| Observe your surroundings and the people around you. | Observing your environment allows your brain to respond to external stimuli instead of focusing on your worries, weakening the intensity of those concerns. | - Taking a walk in the park and simply looking at the trees or sky can lighten your mood. For example, noticing the rustling of leaves or the chirping of birds helps you focus on the present moment.  - Watching people go about their daily lives in a café or a plaza can make your own worries seem smaller in comparison. |
| **Paragraph 3** | **The main idea of Paragraph 3?** | **Major supporting details** | **Minor Supporting details** |
| Create a concrete plan to solve your worries. | Instead of vaguely fearing the problem, breaking it down into realistic steps and creating a plan can help reduce worry. | - Break the issue into smaller steps and set specific goals. For example, if you’re worried about an important exam, create a realistic plan by assigning specific subjects and study hours for each day.  - Keep track of your progress by recording completed tasks in a checklist. This sense of accomplishment can help ease your worries. |
| **Conclusion** | Worries come to everyone, and once they take hold, it can be difficult to escape. Excessive worrying can lead to depression, insomnia, and a decline in quality of life. However, the ways to let go of worries can be surprisingly simple. Small actions, such as intentionally shifting your focus, observing your surroundings, or creating a realistic plan to address your concerns, can help ease your mind. The most important thing is to develop your own routine for overcoming worries, even if it isn’t one of these three methods. To conclude, I would like to quote a line from Nam-Myeong Cho’s poem Worry: “Life is not about worrying in advance, but about living it joyfully.” | | |