**Three Ways to Let Go of Worries**

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I must speak to you.

Three Ways to Let Go of Worries

How do you get away from worries? Life is filled with various worries, such as concerns about an uncertain future or personal relationships. Minor concerns, like deciding what to eat for lunch, are often resolved quickly. However, more significant worries—such as those about the future or human relationships—can disrupt our lives and even lead to insomnia. A specific trigger is often necessary to break free from persistent worries. This essay explores three effective methods to overcome such concerns, intentionally focusing on something else, observing the surroundings, and creating a concrete plan to solve worries. >>>>

First, intentionally focusing on something else can be an effective way to escape from worries. Since the human mind cannot concentrate on two thoughts simultaneously, deliberately shifting attention to another topic helps reduce anxiety. For instance, recalling the lyrics of a favorite song and singing along can refresh the mind, providing a break from constant worry. In my case, I often sing along to songs from my high-school, like “Dynamite” by BTS, whenever I feel overwhelmed by deadlines or exams. Similarly, planning simple, routine tasks, such as mopping the floor or doing the laundry, allows the mind to engage in productive activities, further breaking the cycle of persistent worries. For example, when I feel particularly anxious, I start by tidying my desk or organizing my bookshelf. These small tasks not only distract me but also give me a sense of accomplishment, which helps me approach larger problems with a clearer mind.

Second, observing the surroundings and the people nearby can be a powerful way to relieve worries. Observing the environment allows the brain to respond to external stimuli instead of focusing on worries, weakening the intensity of those concerns. For example, taking a walk in the park and simply looking at the trees or sky can lighten the mood. In my case, I often go to a nearby park to watch the sunset or listen to the sounds of nature when I'm overwhelmed by problems. Noticing the rustling of leaves or birds chirping helps shift the focus to the present moment. Similarly, watching people go about their daily lives in a café or a plaza can put things into perspective, making worries seem smaller in comparison. In my case, I find myself feeling calmer when I sit at a café and watch people chatting or going about their routines. Their simple, everyday actions remind me that life continues on, and my concerns aren't as big as they sometimes feel. Finally, creating a concrete plan to solve worries can significantly reduce anxiety. Instead of vaguely fearing the problem, breaking it down into realistic steps and creating a plan helps alleviate concern. For example, breaking the issue into smaller steps and setting specific goals can be effective. In my case, when tasks pile up, I break them down into smaller, manageable steps and create a checklist to stay organized. If worried about an important exam, creating a realistic plan by assigning specific subjects and study hours for each day can help reduce anxiety and make the situation less overwhelming. Additionally, keeping track of progress by recording completed tasks in a checklist allows for visual recognition of accomplishments, which can further ease worries.

To sum up, 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 focus, observing surroundings, or creating a realistic plan to address concerns, can help ease the mind. The most important thing is to develop a personal routine for overcoming worries, even if it isn’t one of these three methods. To conclude, a line from Nam-Myeong Cho’s poem Worry encapsulates the essence of overcoming concerns: “Life is not about worrying in advance, but about living it joyfully.”