To Summarize or Conclude:

1. In conclusion:

- Explanation: Used to introduce the final remarks of a piece of writing or speech, summarizing the main points.
- Example: "In conclusion, the study shows that regular exercise improves mental health."

2. To summarize:

- Explanation: Used to introduce a brief statement of the main points that have been discussed.
- Example: "To summarize, the project was a success due to careful planning and execution."

3. Overall:

- Explanation: Used to give a general summary or assessment of something, considering all the details or facts.
- Example: "Overall, the event was well-organized and enjoyed by all attendees."

4. In summary:

- Explanation: Used to restate the main points of a discussion or piece of writing in a concise form.
- Example: "In summary, our findings indicate a significant improvement in patient outcomes."

5. Consequently:

- Explanation: Used to indicate a result or effect of the points previously mentioned, often leading to a concluding thought.
- Example: "The team worked hard throughout the year.
 Consequently, they achieved all their targets."