

## All that Worrying for Nothing

“Worry does not empty tomorrow of its sorrow; it empties today of its strength”

-Corrie ten Boom 1.3.15

If there's one thing I know how to do as a teenage high schooler, it's how to worry. It's only natural with two honor classes and AP Euro, along with countless other after school activities and clubs, that worrying is my second nature. There's tests, homework, essay after essay, and the ever looming thought “Is it enough for college?” to fill my head with apprehension and anguish about the future.

Although worrying can be emptying and draining, it seems I do it constantly. It doesn't matter how exhausted it makes me, I worry about everything. Although about 99.99% of the time, worrying is pointless; it does not affect the future. I can think of several instances where I was pointlessly worrying, and in the end the fearsome event didn't even occur.

One time, my science teacher decided that a PowerPoint presentation on different scientists would be fun. Of course, I got stuck with the one scientist who discovered next to nothing. Since the presentation had to be a minimum of five minutes long, I promptly started freaking out about how I would fill this time. Unfortunately, that little episode did nothing but waste time and actually brought about a negative attitude towards the project, making it difficult to do my best work.

I finally figured out how to fill the time with quirky facts and long ramblings about my scientist's history. I stayed up all night perfecting the PowerPoint and taking the time to make sure the slides made an entrance with the special effects. I was just putting the final touches on my masterpiece when the screen suddenly went blank. Needless to say I almost lost it. Three hours of hard work down the drain because the electricity went out and presentations were due the next day. Aaaaand... cue the worrying.

I did some real stressing out that night. I vaguely remembered the information, so I slapped some facts on blank slides and added basic backgrounds. I wanted to do more, but if I was going to have a semi-decent presentation, I needed more than five hours of sleep, so I hit the sack. Not that I got much sleep anyway. I tossed and turned worrying about the awful grade I knew I was destined to get. The next day I fidgeted in my desk, worrying- pointlessly worrying about something I could no longer change. When it came time for presentations, the teacher explained that it was going in alphabetical order. I gaped at her, realizing that being the last of 24 students meant I would not even get to go today; I would have time to perfect my project later that night. I immediately relaxed and texted my mom after class that I didn't even have to present that day. Her response came in seconds; "See? All that worrying for nothing."

Worrying really is pointless. It does nothing to help a person. It only makes it worse by "emptying", not only the day, but also the person of strength, vitality, and any positivity that that person possesses. Worrying didn't help me, and it certainly didn't change my future. All it did was make me cranky and tired the next day. Later that week, with less worrying and more hard work I aced the presentation. Now whenever I begin to freak out about my future, I think about that presentation and how I did, "All that worrying for nothing."