

Marilyn Chiu

Dr. Adomaitis

SBS 3201 OL88

April 19, 2023

Dear High School student Marilyn Chiu,

Marilyn was an emotional youngster back in high school. Marilyn would feel disgusted with herself, especially with her face full of pimples and her body weight increasing throughout her high school years. Marilyn was reserved and had anxiety when talking to a group of people. Marilyn would shy away and isolate herself from people. Marilyn would care about what other people thought of her hair, skin, body proportion, body odor, and how she dressed.

In high school, Marilyn would see her friends and classmates have new shoes once every year. Marilyn would save up her lunar new year red envelope that contains money given by her aunts, uncles, and grandmothers to try to buy new shoes. Marilyn would wash her hair every day because she did not want people around her to feel disgusted around her. The result of washing Marilyn's hair every day made her hair brittle and fall out. Shampoo and conditioner are expensive. Marilyn spent money on new clothes because she feared people would gossip about her wearing the same clothes that she wore three weeks ago. And those clothes were washed in the washing machine. Even though Marilyn was reserved, she still wanted to fit in and did not want to be the odd one out. People are supposed to eat one serving of a chip bag but Marilyn would consume two servings of chip bags a day. Marilyn would drink sugary drinks such as juice

and soda almost every day. Marilyn would spend the money on fast food such as Popeyes, Mcdonalds, and Burger Kings even though she already has food at home.

Marilyn would feel groggy every morning and after coming back from school. Marilyn would have low energy to do activities. Marilyn would have a hard time falling asleep every night. Marilyn would have high cravings for processed foods and sugary drinks. Marilyn was not like those stereotypical asians that some may say asians are good at math. Marilyn would have low self-esteem in her academic performance and in herself.

Everyone is worrying about themselves the same way as you. People will judge no matter what you do, their judgment reflects on their personalities and actions. Do not be too critical of yourself and be kind to yourself. Be patient in everything you do. Be in the moment that you are currently in and stop worrying and looking into the future because what you expect would be totally different than you expected. Accept and appreciate what you have. Who cares if people say you wear the same clothes that you wore a week or two weeks ago, washing machines and our hands exist to wash our clothes. Your parents worked hard to earn money and appreciate them for what they were able to do for you. Remember to drink water and try to exercise for at least thirty minutes every few days. Save money, buy what you need, and do not buy what you want. While your family members and relatives are still in your life, find time and spend those times with them.