

Class : 4E

Name : Kathy Kwan

Topic: Positive attitude

Text Type: Letter to the Principal

Dear Mr. Lai,

Thank you for the invitation. It is my honour to be a guest speaker at your talk about troubled adolescents. In the following, I am going to express my opinions on the topics which I would like to cover in the talk.

To commence with, I would like to state the significance of a positive attitude. Nowadays, pessimistic thinking of troubled millennials has led to different bad consequences, for example, mental disorders. Only by thinking optimistically can we tackle this problem. Having a positive mindset can help them to manage their stress well. Hong Kong is an achievement-oriented society; parents' and teachers' high expectations about academic performance leads to mounting stress for Hong Kong millennials. If they don't adopt an optimistic attitude, they can't handle this type of stress properly. Then, they may relieve their stress in an unwise way, for instance, through addiction to alcohol and drugs, or harming themselves physically. Therefore, looking on the bright side of life is key to helping emotionally-troubled youngsters.

Also, when it comes to facing difficulties, seeking help plays a crucial role too. A lot of Hong Kongers think seeking help is shameful, since mental problems nowadays are labelled as a burden and liability. However, seeking help in dealing with mental problems is essential for long-term well-being. Seeking advice from parents and teachers, talking to close friends, and even seeking professional help from psychologists are all ways millennials can help themselves.

People are not willing to seek advice and think that they must face their problem alone. However, this is a distorted way of thinking. Not all problems can be handled by oneself, especially bullying. According to a survey, numerous victims of bullying show that they haven't sought help from others. They, of course, can't solve this problem on their own. Asking for support is a straightforward way of dealing with a variety of problems. Moreover, bad emotion can affect teens and lead to wrong decision-making. Youngsters are not mature and are impressionable. They cannot carefully consider different aspects and make the most suitable judgements. Therefore, they need to

seek help.

There's always a light at the end of the tunnel. I hope these ideas and opinions can motivate troubled millennials. If you have any opinions or questions on the topics covered in my speech, feel free to contact me. I look forward to meeting you and sharing my ideas at the talk.

Sincerely,
Chris Wong