

30<sup>th</sup> April 2020



## Hello! From Your School Counsellor

Hi Gessians, I know this has been a tough time for you juggling between the inconveniences of the social distancing measures that some of you may feel so cut off from your friends and peers.



Hope you are taking good care of yourself and staying safe!

You know, you have done well in braving through the HBL in maintaining your discipline in learning from home. You have exercised inner resilience and perseverance to make it through! Do pat yourself on the back; say, "Yes, I have made it!" You can also text note to your friends to cheer them on.

Senior Gessians, while you are still preparing for the N or O-level Exam this year, you may be hit by the feeling of uncertainty and anxiety, do feel free to make a consultation appointment with your subject expert teacher OK!

### *Simple* Grounding

#### *Technique*

*For panic attacks, times of high anxiety, or any time you feel overwhelmed.*

Look around you  
and NAME:

5 things you SEE  
4 things you FEEL  
3 things you HEAR  
2 things you SMELL  
1 thing you TASTE

*Be sure to breathe deeply and focus on the world around you.*

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Believe in yourself and never give up!

When feeling overwhelmed, you can practise the 5-Step Grounding Technique to calm down.

Lastly, I wish you all the best and a fruitful and family togetherness holiday!