



Hello! From Your School Counsellor



Hi Gessians! Do you know that we all have a Traffic Light System within us? First, I want you to visualize a traffic light that does not have the Amber light. If this is reality, an accident is bound to happen. Without the amber light, drivers have to hit the brakes the moment the green light turns to red.

The lack of an amber light in a traffic light mirrors one's sudden experiences of troubling emotions and overwhelming helplessness. Such sudden switches can lead to response of rage, cynicism and self-blame. In the long run, these emotions can be draining and overbearing.

Yet, with inner resources to take control of the "Traffic Lights" in you, you can always empower your life journey towards becoming a unique and an outstanding

individual. I call that inner-control "HOTAS" (**HOLD-THINK-ACT SENSIBLY**). Through practising the following steps, you will learn to manage your negative emotions such as anxiety, anger, sadness and unhelpful self-criticism.



Step 1: Red Button: when you sense a negative emotion rising in you, accept that sensation that can come in the form of increased heartbeat and breathe, chest tightness, cheek numbness and muscular tenseness. Don't fret, knowing the sensation will mean that you can take the following action of deep breathing. Relax your shoulders, and count slowly from 1 to 10.

Step 2: Amber Button: Next, check the emotion that pop into your mind. What is it saying? Then, ask yourself whether holding on to the feeling is helpful. Is what you are thinking rational? Does it make sense? What can you do differently to respond to the feeling?

Step 3: Green Button: Now, decide what you can do that is helpful for you and others around you. Act appropriately and responsibly.

ONWARDS, Gessians!

