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Hello! From Your School Counsellor



How we feel and respond to others or events depends on how we think about ourselves and our self-worth. A positive comment from a significant other will bring about affirmation, while a negative one will affect your feeling about yourself and your viewpoint.

We use our five senses of sight, hear, smell, taste and touch. These give us sensory information about the world around us, through our mind's interaction with these senses that create meanings and our emotional connection with them.

The mind is a brain process, which resides within us. And it makes sense to say that we are the owner of our account, and therefore have control over it. What you hear, see, smell, taste, and touch cannot hurt you unless you allow them to. Our brain is wired for survival and self-preservation.



Put your strengths to best use! Like an iceberg, you have many untapped potentials that lie below the waterline. Do not underestimate your potential, and be discouraged; you are more robust than you believe you are. Stay calm and be vigilant to negative feelings. Set your course and push on, Gessions!

Step-by-step to Practising Cognitive Awareness

Sight: What I see? → How my body is responding? → What feeling I am feeling ? → What thought comes up?
→ How is it important to me? → Is it helpful for me and others?
→ What other ways of understanding this? → What have I learn?

Hearing: What I hear? → How my body is responding ? → What feeling I am feeling? → What thought comes up?
→ How is it important to me? → Is it helpful for me and others?
→ What other ways of understanding this? → What have I learn?

Smell: What I smell? → How my body is responding? → What feeling I am feeling ? → What thought comes up?
→ How is it important to me? → Is it helpful for me and others?
→ What other ways of understanding this? → What have I learn?

Taste: What I taste? → How my body is responding? → What feeling I am feeling ? → What thought comes up?
→ How is it important to me? → Is it helpful for me and others?
→ What other ways of understanding this? → What have I learn?

Touch: What I touch? → How my body is responding? → What feeling I am feeling ? → What thought comes up?
→ How is it important to me? → Is it helpful for me and others?
→ What other ways of understanding this? → What have I learn?

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