

21st Sep 2020



Hello! From Your School Counsellor



As you prepare for your exam, some of you may have a heavy feeling that time is running short and you are far from ready. The preparation and waiting for the examination have caused you to experience overwhelming anxiety.

Your classmates and friends are all busy with their preparation and have little time for you. You begin to feel lonely, and at times like you are losing momentum; you have negative thoughts popping into your head and affecting your concentration, sleep and appetite. You feel worried. You start to experience more frequent headaches, nausea, increased sweating, abdominal pains, or bowel urgency.



These are signs of stress. It is the way our body responds to internal (self) and external demands. The discomfort is real but it is not insurmountable.

You can overcome this by taking charge of your mind and body to elicit your innate mental toughness to sustain your stamina for optimal performance.

Believe in yourself and be bold. Onward, Gessians!

Strategy for avoiding Stress

1. **Understand your objective:** Exam is not merely about mark; it facilitates opportunities to expand choices and pathways to fulfilling aspiration and dream.
2. **Adopt a positive attitude:** Take charge; recognize your stress triggers, take proactive effort to deal with it asap. Challenge your negative thoughts, look for facts and come out with more realistic and optimistic thoughts.
3. **Prioritize Important task:** Do not leave things to the last minute; avoid multi-tasking. Draw up an action plan.
4. **Get help:** Keep an open mind, share stressful problems; allow others to help.
5. **Exercise self-care:** Take care of your mind and body. Follow a healthy diet and sleep routine. Slot in a personal time to exercise, do slow breathing, listen to music, pray, play with the pet, H2H chat with parents/siblings, or review your expectation.



Simple Grounding Technique

To overcome panic attacks and overwhelming anxiety.

1. Breathe slowly and deeply.
2. Look around and name:
 - Five things you SEE
 - Four things you FEEL
 - Three things you HEAR
 - Two things you SMELL
 - One thing you TASTE
3. Feel your breathing.
4. Breathe slowly and deeply.