



Counselor's Corner

June 2020

Well, it's June and you have almost made it through the school year! While school may be winding down, there are still many stressors we are facing. Negative feelings such as anxiety and frustration are natural responses to the uncertainty and disruption we are experiencing in these times. Pelin Kesebir, Assistant Scientist at the Center for Healthy Minds, shares well-being tips for the time of COVID-19. Here is an excerpt from her article <https://centerhealthyminds.org/join-the-movement/10-well-being-tips-for-the-days-of-covid-19>

“Acknowledge your negative emotions and accept their right to exist, but do not feed them. Instead, do your best to notice when they are hijacking your mind and leading you to unhelpful behaviors.

Find ways to experience positive emotions such as joy, gratitude, and love...What little things can you do to cultivate these emotions in your life? For example... try to find joy in the smallest moments of life, such as sipping tea, reading a book or talking to a friend...

Focus on the present and on what is under our control rather than worrying about the unpredictable future. Make an effort to get the most accurate information about the outbreak and about the precautions you need to take. But beyond that, realize that spending a lot of time on the media will potentially hurt you more than it will help...Instead, once you make sure that you stay informed enough to take the right actions, **concentrate on your**

own agenda and on parts of your life that you can control.

Aim to exude calmness and fortitude. Be aware of how much influence you have on the emotions and moods of those around you. Act on the principle that even when things are objectively bad, spreading around fear and panic does not serve anyone. Also remember that everybody is trying to cope with their own anxiety and frustration at the moment. So be kind and understanding towards others (and yourself).

Ask yourself what you can do in order to help others. Getting out of ourselves and helping others is one of the most guaranteed ways to feel good ourselves.

Take good care of your body. This is crucial not only for your immune system, but also your mental health.

Do not lose sense of perspective. Hard times, crises and traumas are an inevitable part of life....Remember that even the most unfavorable situations in life may contain the seeds of something positive. Thanks to the lessons of this pandemic, humanity will likely come out with much less damage from the next one. Moreover, once life is back to normal, we will hopefully be somewhat wiser people, better at appreciating what we have so far been taking for granted.”

If you are feeling stress or need some support, please do not hesitate to reach out to your school counselor.

For further details or information, please contact your child's guidance counselor:

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