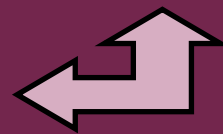


Counsellor's Corner



Hello everyone! Miss. S here to bring some mental health tips to help you and your families!

With COVID-19 influencing lives on a global level, we are all facing uncertainty and a whole-lotta emotions that we may not know what to do with! A couple obvious emotions I have been hearing a lot, is fear and lack of control. Although these are normal to be feeling during this time, there are a number of ways that we can lessen our fears and gain control to make us feel grounded and able to move forward.

Quoting Viktor Frankl who wrote *Man's Search for Meaning*,

“When we are no longer able to change a situation, we are challenged to change ourselves.”

We need to understand that feeling like we have control provides us with a sense of certainty which lessens our fear; so lets gain a sense of control together. That is why the couple of activities I am going to provide are not only going to be helpful in calming current emotions, but they are going to provide you with a sense of direction!

Continuing to quote Viktor Frankl,

“Those who have a 'why' to live, can bear with almost any 'how'.”

First – “Name it to tame it” Name the emotion or feeling you are having, and start to be curious about it. Fear and Curiosity can't exist at the same time so choose to be curious about why you might feel that way, or what thoughts you have around it. Then we are going to draw what I like to refer to, as the “Control Donut”. Drawing one circle in the middle of another circle, you are going to use the ‘donut’ to write down all the things you feel are out of your control right now. While it might seem like nothing IS in your control at the moment, use the ‘donut hole’ to write down the things you can control... this may be difficult at first, but I challenge you to be creative and think outside the box with how you can gain an element of control from the items that seem out of your control! For example; being laid off from work has a domino effect of other worries that are out of your control, but something from that, which is in your control is being able to spend that time connecting with your kids like you maybe haven't for a while due to being so busy before now! Maybe it means you gain control by budgeting and creating a plan for expenses to come or cancelling subscriptions to items you no longer need or use.



<https://www.facebook.com/thecounselingteacher/posts/1516053025227277>

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Counsellor's Corner Continued.....

Another thing that provides some grounding and stability, is structure and a schedule. Maintaining some normal, even if you are in your house all day, will allow you to maintain a healthy mental state and emotions. But to step that up a notch try dividing your day into Psychologist Dan Siegel's 'Healthy Mind Platter' recommendations; physical time, sleep time, down time, focus time, play time, connection time, and time in. To plan each day involving each of these elements not only allows you some control over your day, but it allows you to maintain different activities to keep you interested and motivated to engage in things you enjoy. This too will ensure you are getting enough of what you need instead of worrying and being in fear of what is going on outside of your house.

Some more resources if you are interested, would be podcasts like the one below that provides ways for you to understand what you are experiencing and how you can manage your way through it! Only an 18 minute listen!

<https://drmargaretrutherford.com/172-selfwork-special-episode-managing-quarantine-anxiety-compassionate-and-common-sense-tips/>

I hope you all are taking care of yourselves and one another, and as always, PLEASE, contact me if you would like some additional resources or would like to chat more about this article!

Warm regards and prayers of continued health,

Miss. S



https://www.drdansiegel.com/resources/healthy_mind_platter/