

COUNSELLORS CORNER

Hello!

I hope you are all settling into the term well.

For the remainder of term 2, I will be providing some of my favourite skills that I like to teach my students in the counselling room. This edition, we are focussing on anxiety.



Feeling anxious is something we all experience from time to time. But did you know that tuning into your five senses can help ease those worries? Anxiety affects each of us differently, so what helps one person *might not* be the solution for someone else.

In moments where you may feel heightened, there are some simple exercises you can do to calm yourself down, especially when you need something to help you in that moment

By intentionally focusing on what you can hear, touch, smell, taste, and see, you might find quick relief from those anxious feelings.

5 things
you can
see



4 things
you can
touch



3 things
you can
hear



2 things
you can
smell



1 thing
you can
taste



Hello!

As we ease into the school term, I want to take a moment to acknowledge any stress that you may be feeling, especially as we reach assessment time! The good news is, everyone here at school has your back, so if you are struggling, feeling like you are falling behind, or need someone to chat to - reach out to your head of year, who can help point you in the right direction.

Let's talk about a helpful mindfulness technique called the 5, 4, 3, 2, 1 grounding method. It's a simple yet powerful way to manage stress and anxiety, perfect for anytime you need a moment to center yourself.

5 | See: Look around and name 5 things you see. It could be anything from your backpack to a poster on the wall. Take a moment to really notice the details, like colors and shapes. Focusing on what you see helps calm your mind and brings you back to the present.

4 | Hear: Close your eyes and listen for 4 sounds around you. Maybe it's the sound of pencils tapping or the distant chatter of classmates. Paying attention to these sounds helps shift your focus away from worries and into the present moment.

3 | Feel: Concentrate on your sense of touch. Notice 3 things you can feel, like the texture of your clothes or the keyboard you are typing on. Becoming aware of these sensations grounds you in the here and now.

2 | Smell: Take a deep breath and identify 2 different smells around you. It could be the scent of books or the smell of a delicious lunch from our wonderful team on level 4. Breathing in these smells helps bring you into the present and ease any tension you may be feeling.

1 | Taste: Finally, focus on your sense of taste. Notice 1 thing you can taste, whether it's the minty freshness of gum or the sweetness of an apple. Paying attention to this sense completes the grounding process and helps you feel more centered.

Next time you're feeling overwhelmed, give the 5, 4, 3, 2, 1 technique a try. It's a quick and easy way to find calm and refocus your mind.

Let me know how you go!

Have a lovely, restful weekend ahead.

~ Mrs Kriedemann, School Counsellor