

## Hello! From Your School Counsellor



Senior Gessians, the current global COVID-19 pandemic, has brought many unprecedented disruptions to your learning, especially the graduating cohort who are preparing for their N and O-level exam. Though the exam period spans around two weeks, the most formidable challenge is the preparation period toward the exam day. This examination preparation period may cause some of you to experience overwhelming anxiety about your readiness; that time is running short.



In some cases, some of you may experience the feeling of losing momentum, ebbing motivation, self-doubt, intrusive negative thoughts, unable to concentrate, loss to sleep and appetite. Some may experience physical symptoms such as headaches, nausea, increased sweating, abdominal pains, and bowel urgency.

These are signs of stress. Though the feeling is real, it is not insurmountable. To overcome this, you must include a short period of self-care routine in your revision plan to sustain your stamina for optimal performance during the exam period.

I wish you all the best, stay safe,

### 6-Step Process to Anxiety-free

1. What my self-talk is telling me?
2. Ask, are they real?
3. Do they make sense?
4. Is it helpful for me to believe?
5. Check for truth and drop it.
6. Focus on the present (here and now).



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