

# COUNSELLING NEWSLETTER



## HOW TO STAY MOTIVATED DURING HOLIDAYS:

- Spend your time with happy people.
- Do not overstress with your expectations.
- Do not overspend or overindulge.
- Go on a trip.
- Keep a routine.

## WELCOME TO SCHOOL AFTER WINTER VACATIONS:

Are you a winter lover?

Have you enjoyed the cloudy, windy and hazy weather in January?

*“If we had no winter, the spring would not be so pleasant: If we did not sometimes taste of adversity, prosperity would not be so welcome” ..... Anne Bradstreet*



## Month of Parent-Teacher/Counselor

### Meeting:

Parental involvement has been credited as a cornerstone in a child's education. It improves a child's behavior, his attendance, his performance at school and his self-esteem. Parental involvement in child's education builds up stronger connection with their child which is important in showing that they love and care about the child.

It also assists a child to understand that their education is not confined to them only but is a collaborative approach between pupils, teachers and parents. Researchers have found that children are likely to achieve better grades if parents are actively involved in their schooling.

Parent's involvement also improves mental health of children and builds confidence in them. It Inspires communication between children and parents which helps them in improving their self- esteem, having better interaction with their peers and enhancing their social skills.

### PICNIC FOR STUDENTS:

Picnic is a great source of socialization and rejuvenation. Picnic provides a calm environment in which children flourish better. It helps reduce stress and anxiety related to home and study. It opens new vistas of learning.

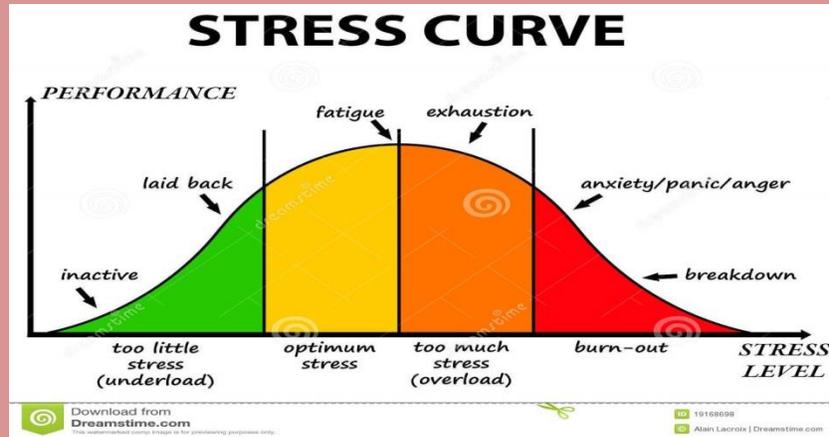
In the month of January students of Islamiyah English School went on picnic and had a great fun and learned a lot from it. They shared their beautiful experiences after returning from picnic.



Picnic strengthens students' relationship with their peers and teachers. It brings them closer to nature. Breathing in fresh air is good for our health and creates a feeling of happiness. It also increases student's interest in their studies.

# WHAT IS STRESS AND HOW CAN WE MANAGE IT?

Stress is mainly a physical response to events that make you feel threatened or under any form of pressure. When our body is stressed, it releases a compound of hormones and chemicals such as adrenaline, cortisol and norepinephrine which prepare the body for physical action.



## Types of Stressors and their characteristics:

- **Eustress**(Positive Stress) which has the following characteristics;
  1. Motivates us.
  2. Improves our performance.
  3. Is short term.
  4. Is manageable.
- **Distress** (Negative Stress) which has following characteristics;
  1. Leads to anxiety.
  2. Can be long-term.
  3. Decreases performance.
  4. Can cause many mental and physical problems.

## Sources of Stress:

There are two sources of stress.

### Internal Stress:

It characterizes

- Fear.
- Perfectionism.
- Thought patterns.
- Imagination
- Memory
- Physical and emotional health.

### **External Stress:**

It characterizes

- Non-assertive behavior.
- Stress of study/work.
- Interpersonal conflicts.

### **Kids and Stress:**

Kids also experience stress and they deal with it differently. It generates short-term behavioral changes such as

- Mood swings.
- Bedwetting.
- Changes in sleep patterns.
- Stomachache.
- Headache.

## **STRESS MANAGEMENT TECHNIQUES:**

Stress management can be an active source to prepare your body to deal with the stressors effectively. It includes;

- Anger management.
- Progressive muscle relaxation.
- Adequate physical exercise.
- Positive thinking.
- Healthy food.
- Appropriate sleep.