

8th May 2020



Hello! From Your School Counsellor

Hi Gessians, you may have heard someone saying they are having "Cabin Fever"? Well, Cabin Fever is not a new thing. It is used to describe the irritated feeling of people being confined in their home with little activity that they could do during winter and snowing. Cabin Fever is not a psychological disorder; however, the feeling of irritation is real.



Symptoms of Cabin Fever

- Feeling restless and/or anxiety
- Unable to manage stress
- Feeling irritated for no reason and/or impatient
- Feeling lack of energy and/or lethargic
- Frequent napping and/or difficult wake up
- Feeling lack of motivation
- Feeling unexplained sadness and/or lonely and isolated
- Trouble concentration and/or stay in focus

How to avoid Cabin Fever

- Foremost eat healthy, exercise and have enough sleep
- Create a daily routine and sticking to it.
- Maintain virtual contact with friends
- Read a book and/or write journal
- Write a daily motivation message and/or note
- Partake in house cleaning
- Do a project.
- Set time for heart-to-heart chat with mum and/or dad, and siblings
- Practice a 15min of the 5 steps calming technique.

Staying-At-Home and Social Distancing Measures which aim to keep us safe from the COVID-19 exposure have been extended till 1st June 2020.

I guess some of you may not be used to having the family sharing extended time together, as the house would be noisier; there may be more house chores responsibility for you. You may feel annoyed or irritated and wish to have personal space for yourself. Having said that, there are also happy times as well, when everyone comes together to do common things, to gossip, to bond and so on. This, I call, family-connectedness!

On a deeper thought, this is also the best time for you to learn about mum and dad's work; with the HBL over, do take this opportunity to share your love and care for mum, dad, brothers and sisters; and most importantly to help them to understand you better; to strengthen the family bonding!

Lastly, do make time for self-care, be safe, and have a joyful school holiday!