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# PROTECT YOUR WHOLE WELL - BEING

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## How do I stay calm and grounded during this time?

We are living in uncertain times and it can be difficult to find your way.

SVGCC counselling department is encouraging you to safe guard your mental space just as much as your health as we navigate through these challenges. Fear, depression and anxiety are natural feelings but we can manage what we do with them; by the way we think and behave. Covid - 19 (Novel Corona Virus) has forced many changes globally that can make us feel helpless but it has not taken away our creativity and our ability to choose practices that keep us emotionally, physically, spiritually, socially and psychological safe and stable. Take back your power of choice and combat fear by engaging in behaviours and routines that lessen fear and empower you. Staying calm and grounded is hard but doable.

**“ Fear could make us live our lives trying to avoid bad things from happening” - Kirk Pierre**

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## Tips to help you at this time:

1. Take in **information** from the media that is **credible** - check **local or regional news** and health officials **for.e.g.** the world health organisation (WHO) and other global news networks to monitor. But **set a limits**, too much information can be overwhelming.
2. Each day **remind** yourself of **what you can control and what you can't control**.
3. **Wash hands a lot, sanitise spaces, be aware of personal space / social distance** and encourage others to do the same. Set up **routines to practice good hygiene. Sanitise your phone or things you use a lot**.
4. Include in your **routine activities** that **help boost positive thinking and creativity** for.e.g listening to music, praying, connecting with a friend(s) through virtual communication- face-time, WhatsApp.
5. Use this **time to be creative and learn** about things you may have procrastinated about or new ideas.
6. Be **alert and observant**, reduce activities and people that heighten stress. **Reduce paranoia and panic**; take **control** of your behaviour. Increased stress and fear affects your immune system negatively so **take active steps to stay calm**.
7. **Small moments of exercise** - as staying indoors is becoming a common practice engage in **movement** for.e.g. stretching, use the internet to positively engage in virtual exercise classes or yoga classes that keep the body active and help you to release stress and anxiety.

Let us remind ourselves that we are **resilient** and have the ability to overcome challenges that come our way. Not with fear or anxiety but with **creativity, strategy, wisdom and courage**. As we endure this global challenge let us take precautions, take care of ourselves and each other. Do not allow Covid - 19 or anything to define you.



### SVGCC Counselling Service

**For Support Contact:**  
Ms. Ayana Hypolite, M.Ed. or Mrs Andrea Gaymes - Mohess, MSc.  
At this time, we encourage you to reach out to counsellors virtually (phone, online chat or email).

**Email:**  
counsellingdept@svgcc.vc.  
ayana.hypolite@svgcc.vc  
or andrea.gaymes@svgcc.vc

**Telephone: (784) 4574503 ext.375  
or ext.368.**

**Please note : We offer online sessions via google hangout using your Sgccc email. Email to request an online session.**

**We are a text or call away!  
We will update accordingly as it relates to face to face sessions at divisions.**

**Written by: Andrea Gaymes - Mohess**