



Tower Hamlets Schools Counselling Partnership

Supporting children, families and schools

The Schools Counselling Partnership is working to improve the emotional wellbeing of children, parents and staff by working with the whole school community.

Supporting yourself through uncertain times

We can easily feel helpless and powerless over what is going on around us during these uncertain times. What can be helpful is to try to accept and let go of those things that are *out of your control* and turn your focus onto those that are *in your control*.

Create your 'circle of control'

First, take a moment to gently think about those things that make you feel worried, sad or angry about this pandemic. It can help to draw or write them down on a sheet of paper.

Next, draw a large circle on a separate sheet. On the outside of this circle, write down those things that you *cannot control*. For example: how long this will last, whether you are able to find what you need at the store, the actions of others, predicting what will happen. Now, focus on what you *can control* and write those things down inside the circle. For example: turning off the news, writing down 3 things you are grateful for every night, acts of kindness, your own social distancing, taking some time to play and connect with your child.

It can help to hang this up by your bed or on your fridge, as a reminder. Whenever you start to feel anxious, return to this image: the aim is to try to accept what you have written on the outside and then find something on the inside of your circle to focus on or can do to feel more balanced again. This can be a great exercise to also create with your child!

Sometimes we could all do with someone to talk to. If you would like to meet Khalida for a confidential and non-judgemental chat about you, your child or any other worries, she is available on Tuesdays 9-10am. To book an appointment, you can contact her using the details below

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