



# Sarasas Ektra School



Global Assessment  
Certificate™

## News

January 2021

### Coming Soon

- **Chinese New Year**  
Friday 12th February
- **GAC Entry Test 2021**  
Saturday 20th February
- **Final Day - Y.12**  
Friday 12th March

## 2021

### Exercise



### Keep focused



### Try your best



### Reach out to help



### Ask for help



## Coping with Covid-19

Your classes may now be online. You may be missing your friends and finding studying difficult. You may also be feeling anxious, sad and uncertain. These feelings are normal, but there are ways to lessen your stress.



**Coping Emotionally with COVID-19**  
Tips from the Counseling Center

**Practice self-care:** to try and keep your immune system strong and your emotional reserves full. Get enough sleep, eat well and try to exercise regularly.

**Find ways to focus:** understand that the current times are hard for everyone. Don't judge yourself, just do the best you can. Set up a routine - do things at the same times each day. Take breaks to help you re-engage.

**Seek out social support:** turn on your web cam during online classes - it can help you feel more connected.

**Help others cope:** talk to classmates - let them know they are not alone with their anxiety.

**Find ways to manage disappointment:** important events may not happen this year. Think about how you can honor what you have achieved. Find new ways to celebrate.

**Limit your media consumption:** it is good to stay informed, but too much news - especially social media - can add to anxiety. Set limits on your media & smartphone use.

**Focus on things you can control:** you can't control what others do, you can only control your thoughts, feelings and behavior. You also can't control what will come next, so focus on solving immediate problems.



Let's all welcome the New Year with a positive mind, and look forward to being the best we can be. Whatever hurdles lie ahead...look at them as a task to be taken on, and overcome.