

School Counsellor Newsletter



Aristotle at Home: Worries are normal and we can manage them effectively

Newsletter 5

We have many thoughts each day, so it is natural for some of these to include worries.

It is important to acknowledge that worries are a natural part of life. Indeed, being worried about something, like COVID-19, helps us to pay attention to it and to take actions that will keep ourselves safe. Some examples of common worries that adolescents have relate to family, friendships, school, safety, looks, conflict and money. COVID-19 has created additional worries and uncertainty. It is important for young people to know that it is normal to feel worried about this, as well as other things, and they are not alone in this experience.

This week's Aristotle at Home resource addresses when worries begin to take over and can leave young people feeling upset. Aristotle's message is that whilst we can't always change the situation we are in, we can learn new ways of thinking about it. The goal is not to remove worries completely, as this is not realistic or helpful, but rather to have a variety of tools and strategies to manage worries.

This resource looks at the following ways of managing worries:

- Normalising worries and associated emotions.
- ABCs of Emotions: acknowledging the activating event, the belief or thought about this and the emotional consequence. By working

through this process we can take control of our thoughts and emotions better.

- Challenging worrisome thoughts: acknowledge the worry thought and the emotions being felt, then challenge the thought and change the emotions being felt
- Decatastrophize: asking questions such as what is the likelihood of this worry happening? What is the worst that could happen?
- Relaxation: through breathing, progressive muscle relaxation, visualisation, and exercise.

Please access the resource for more detail as to how these strategies can be helpful for your son, and for yourself.

This week's resource is best suited for Years 5 to 8, yet you could talk to younger students about these approaches and strategies, and work through them with them as needed.

[Worries \(Student\)](#)

[Worries \(Parent\)](#)



Jenelle Hooson

Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).

If you wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim amos.pilgrim@medbury.school.nz.