

# COUNSELLING MATTERS...

Good Luck Grade 12/#WEWNIS/Junior Interviews / Anxious Thoughts

## From the High School Counsellor...

### Work Experience Week

Grade 10s Work Experience Week should now be very close to finalised. Do you know what your Grade 10 son/daughter has planned for June?

[WEBSITE HERE](#)

#WEWNIS

### Grade 11 Junior Interview

I have now seen over half of our Grade 11 students and their parents for the Junior Interview - if you haven't booked yours yet, please do so soon.

### By now, luck is not a factor for our Grade 12s as they head off on Study Leave.

You are prepared. You are focussed. You have got this! Don't forget that the Counselling Office is here for you - do drop by.

#### Monday and Thursday Office Hours

The High School Counselling Office is open to students on Mondays and Thursdays 3.00pm - 5.00pm

[scottlangston@staff.nanjing-school.com](mailto:scottlangston@staff.nanjing-school.com)

@NISCounsellor on Twitter

### A Mindful Minute: How to Observe Anxious Thoughts

By Renee Jain, MAPP <http://www.gozen.com/>

Kids have anxious thoughts all the time...

*"I'm going to fail math and never get into college."*

*"I'm totally messing up this speech right now, and everyone knows it."*

*"What if I don't get asked to the dance? I'll be humiliated for life."*

Research shows us that anxious thoughts are often blown out of proportion, skewed, or just plain wrong. Nonetheless, thoughts have power. Why? Because thoughts influence feelings and behaviors.

A simple thought passing through a child's mind can cause them to feel scared, worried, or sad; it can cause them to sulk, withdraw, or act out. Here's this point illustrated another way: Thoughts → Feelings → Behavior  
Example:

*"No one likes me."* → Sadness and embarrassment → Skipping school

Anxious thoughts can also become habitual and tip kids into a downward spiral of negativity.

What if we could teach our kids to take some of that power back? What if we could teach them to pick and choose which thoughts they "listen" or react to? We can. The first step in this process is the focus of today's mindful minute exercise on thought observation.

#### How do you practice observing your own thoughts?

Teaching kids to disentangle themselves from their own cognition seems a bit complex, but let's not underestimate our kids—they are extraordinarily sophisticated and self-aware. It's our responsibility to tap into this self-awareness and leverage kids' love of creativity to make lessons relevant.

Try the GoZen! Train of Thoughts exercise:

1. Thoughts are like trains that come and go through a busy station; we are simply standing on platform watching the trains go by. To practice, think about a recent anxious thought you've had. Now, visualize the train (thought) coming into the station.
2. When the train (thought) arrives, sometimes it just passes by and sometimes it stops for a while. When the train (thought) hangs out at the station for a while or remains in our mind, we can start to feel different emotions. It's OK to feel things; that's no problem. This is a good time to breathe in deeply and breathe out. Focus on the breath and not the train, because soon it is going to pass by.
3. "Watch" as the train leaves. In time, just like the train, our thoughts move on and we stay behind.

Read the whole article on: <http://blogs.psychcentral.com/stress-better/2015/02/a-mindful-minute-how-to-observe-a-train-of-anxious-thoughts-illustrated/>

Or on Renee Jain's site on helping anxious children: <http://www.gozen.com/>