



# LETTERS BETWEEN STUDENTS AND SE COUNSELLORS

Rest assured that some parts of the letter that might identify the student have been changed or removed.

Click here to write  
[us a letter!](#)

You will receive a  
reply within 5  
working days

Click here to  
[make an](#)  
[appointment](#)  
with a SE  
Counsellor

Scroll down to read a featured letter



# Dear Counsellor

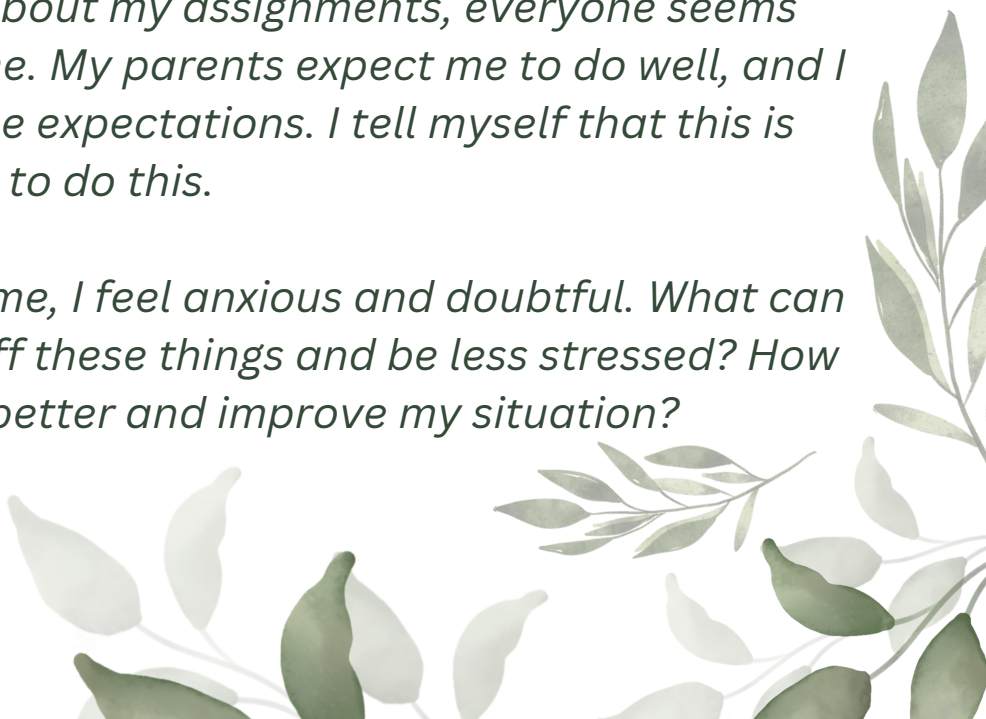
*I'm under a lot of pressure to do well in my studies and I'm barely holding on. I feel so alone even when with friends. They all seem relatively okay and happy with where they are at.*

*Last week, I had a close friend whom I had to leave, because they kept breaking promises and wouldn't communicate well with me. Initially, they were so supportive and kind, which was why I always considered them my closest friend. But overnight, they changed completely to being flaky and closed off and just unpleasant to be with. I handled them being like this for the past years.*

*I've known this person for 3 years and I feel like I wasted all our time together just for it to end in such a sad way. I wrote them a final goodbye letter. I really miss my friend, and I still don't know why they changed so much. I'm very affected with how they changed completely out of nowhere so fast. I feel like I can't trust anyone anymore.*

*And I'm anxious about my assignments, everyone seems so much better than me. My parents expect me to do well, and I feel burdened by all the expectations. I tell myself that this is my passion and I want to do this.*

*But a lot of the time, I feel anxious and doubtful. What can I do to take my mind off these things and be less stressed? How can I focus on getting better and improve my situation?*






# Dear Student

Thank you for your email and appreciate your sharing. Although you feel distrustful towards others at this moment, I am glad you wrote in and trust us with the personal experiences that you have been going through.

I am concerned for your emotional wellbeing after reading your email. Indeed, it is painful for you to make the decision to cut ties with your friends because you could no longer trust their them due to their unreliable and inconsistent behaviour and you felt abandoned by them. Bravo, you still miss your friends, but you'd rather choose to be alone. Sounds like you are also stressed with studies and having to meet your parents' expectations.

I want to affirm your positive attitude and resilience for giving your best in your studies. As you are reflecting on the difficult choices you have made to leave your friends, it seems like this decision was what was best for your own mental and emotional wellbeing for now. Kudos to you for communicating that. Grieving the loss of a close friendship is not easy. Do take time to be kind to yourself during this process. Hence, I would like to share the following suggestions to help you manage your anxiety and your emotions.





### **Acknowledge your emotions**

Know that it is alright to feel all these negative emotions because you are human. Please do not judge yourself for experiencing these emotions.

### **Writing in a Journal**

If you do not feel like talking to someone or couldn't find anyone to talk to, you may want to express your thoughts and emotions by journaling.

### **Mindfulness exercise**

Mindfulness techniques such as deep breathing exercise and meditation may help you stay present and grounded. These practices are reported to help create a sense of calm and reduce the intensity of difficult emotions.

### **Regular exercise**


Physical exercises increase your overall health and your sense of wellbeing. It produces endorphins which helps elevate your mood and has direct stress-busting effect.

### **Time management**

Organize and prioritise your tasks to avoid being overwhelmed.

### **Healthy lifestyle**

Ensure you get enough sleep. Maintain a balanced diet and limit stimulant beverages like coffee or tea when nearing to bedtime.





## **Seek help**

Lastly, remember that it is okay to seek help and that managing our emotions is an ongoing process.

Experiment with different strategies to find out what works best for you, don't hesitate to reach out to the SE Counsellors if needed.

The list is inexhaustive and you may explore other ways to help you cope. You may also book a counselling appointment when you are ready.

***I hope the sharing is helpful.***

***Thank you and take care!***

