



COUNSELLING AND PSYCHOLOGICAL SERVICES BULLETIN

Issue 10

MESSAGE FROM THE HEAD OF DEPARTMENT

As we begin a new academic semester, I want to highlight the significance of mental health within the LUMS community. It can be quite challenging and overwhelming to balance academic life, carry the weight of expectations, and overcome personal struggles, but remember that you don't have to face it alone.

Our Counselling and Psychological Services team is always here to support you every step of the way on your journey at LUMS. Your mental health and well-being are our foremost concern.

I would like to encourage each one of you to reach out to us, whether you need guidance through a difficult phase of life, a safe and non-judgmental place to share your feelings, or simply someone to talk to.

Just remember that no issue is too small. If it matters to you, it matters to us. Please don't hesitate to seek help from CAPS.

Let's all commit to fostering a campus environment where everyone feels safe, supported, and valued.

Warm regards,

POEM BURN "THE POWER OF RESILIENCE" HAFZA AZAM



We must burn in our tears,
To make ourselves forget all our fears.
We must smile, regardless of our griefs,
To ensure the hope of the provision of pleasure.
We must cheer on our happiness,
To remember the moments of glee in those of woe.
We must hide the anguish beneath our pretty faces,
To let the world believe in the pretensions of our gained success.
We must follow the rules laid by these people,
To let the integral constituents of life rule on us forever.
We must live the life we're supposed to,
Otherwise nothing will go our way like we imagined it to.



BOOST CONCENTRATION, MASTER YOUR MIND: ADHD GUIDE

MUNAZZA ABBAS

Enhancing attention and concentration is crucial for students, particularly those struggling to manage ADHD, because it directly affects their ability to learn and perform academically.⁴

Boosting attention and concentration lead to better learning, increased productivity, enhanced memory, mental clarity, reduced stress, personal growth, and improved problem solving.⁵



The following worksheets are designed to help you strengthen your attention span and improve concentration skills.



Everyday Life

Word Search

C R U L E R V T O C R O T I N A V E E I G P D P W B N O R S B M
I T A B L E A V L Q T H A G E D O R A T D L T L D B G O P O G
N D R E S S R T Y E F C W A C O T T Y O E A T O W E L O O O A
S O E R H C O M B U M A A M S G Y D C W R N K W I N D F O K S
E P H O N E P L A T E R L F E C V E U N U T L O C K E N N F T
C P M U S I C F Q N T E L U R I U E B C L N D P E N B I S R R
T A C L O U D C O F F E E S T O R M K E Y S U R Z V E R H U E
X R W Y P I Z O E R I D T R A I N P K L V A W A C G A Y O I E
C K E W F T O W E L Y V T R E E Q A A Q I N Y M I T C S E T T
L C O A I O D I A D X T S G C O K S Q E I D T A P E H T S B I
O M X Q S D V O E E W U O L F I U T I O M D S O Y F R A W U E
C D C N H I R H C U A M C O Q A A E A Y A L H C X B C R U S R
K C T A M I D M M U T T K V E I R F A O G T I E A M O O R E A
P L A N E Z C O A Y C G S E S K I R T Y S U R A F U O M Y A S
H C J O N B C V P R H J Q B I K E C R O U T T N G R A S S P E
G A R D E N B I C I I N O T Y H Y W S E T U P A P E R G Y P R
B A G N Z N T E W I N D O W K N I F E D O O R E A L U X R L O
B R E A D T E T B V A U E C T O L C H A I R I H S H E L F E E
S C S P H O T O G A R A G E R A D I O I F E C S F L O W E R U
N A C T O A S T P A I N T V I L L A G E A N O L P E T M U N C
A T G B T P U R S E T O O T H S T B F R A M E I P A N T S S O
C G L A S S Y D E S F O R K O H R I V I D E O D W H E E L N L
K T I C K E T F E U R I V E R E A R B O A T P E N C I L E O O
M O O N S W I N G N E F I T N L I D S O A P B R U S H G W W R
S C A R F O U H O U S E I N B L N C I T Y W A T E R J U I C E

- | | | | | | | | |
|--------|--------|--------|---------|--------|--------|-------|--------|
| APPLE | SNACK | WHEEL | TOOTH | SNOW | KNIFE | PLATE | SOCKS |
| COFFEE | BRUSH | GLOVE | SCARF | GARAGE | PHONE | CLOCK | WALLET |
| SHELF | SPOON | ERASER | BOOK | OCEAN | PASTE | SOAP | JUICE |
| PANTS | TOAST | BIKE | CAR | STORM | WATCH | BAG | PLANT |
| PEN | COMB | ROUT | VILLAGE | GARDEN | TAPE | GLASS | SHIRT |
| PAINT | SKIRT | MAP | KEY | SAND | BUS | RADIO | PAPER |
| CHAIR | PENCIL | CITY | RIVER | FLOWER | STREET | SHOES | MOVIE |
| BREAD | DRESS | TOWN | RAIN | SHELL | TREE | PURSE | TRAIN |
| TOWEL | RULER | FORK | LOCK | WIND | TOWEL | WATER | HOUSE |
| TABLE | COLOR | FRUIT | BEACH | PET | CAT | MUSIC | GRASS |

SUPPORTING A FRIEND IN NEED: THE POWER OF LISTENING

AYESHA MARYAM

As students, we've all faced challenges that leave us feeling overwhelmed and unsure of where to turn. In those moments, having a supportive friend who listens with empathy and understanding can make all the difference. However, being a good listener is more than just nodding along; it requires being fully present, engaged, and supportive. By creating a safe and distraction-free space, maintaining eye contact, and actively listening to our friend's words, tone, and emotions, we can show that we value and respect their feelings.¹

Tips to Become a Better Listener:

- Give the speaker your undivided attention
- Use active listening skills like nodding, making eye contact, and summarising what the speaker says
- Ask open-ended questions to encourage the speaker to share more
- Avoid interrupting or judging the speaker
- Practice empathy and understanding



By incorporating these techniques into our listening practice, we can become a supportive and empowering presence for our friends in need.

When a friend is struggling, it can be challenging to know how to help. Sometimes the most powerful thing you can do is simply listen. Being a supportive listener can make a significant difference in your friend's life.³

Create a comfortable and distraction-free space where your friend feels safe opening up. Make eye contact, put away your phone, and face your friend. These nonverbal cues show that you're fully present and engaged. Focus on understanding your friend's perspective. Listen actively by paying

attention to their words, tone, body language, and emotions. Avoid interrupting or judging and show empathy through nodding or brief phrases like “I understand.” Rather than offering unsolicited advice, ask open-ended questions that encourage your friend to share more. This helps them process their thoughts and emotions, and gain clarity on their situation.

Reflective listening is also essential. Repeat back what you’ve heard in your own words and ask clarifying questions to ensure you understand their concerns. This shows that you value and respect their feelings.

Validate your friend’s emotions by acknowledging that their feelings are real and that you’re there to support them. A simple statement like “I’m here for you” or “That sounds really tough” can provide comfort and reassurance. Remember, being a supportive listener isn’t about fixing the problem; it’s about being present and supportive.



Color by Numbers: The Scream

ARTIST: Edvard Munch

1
Light Brown

2
Yellow

3
Red

4
Dark Blue

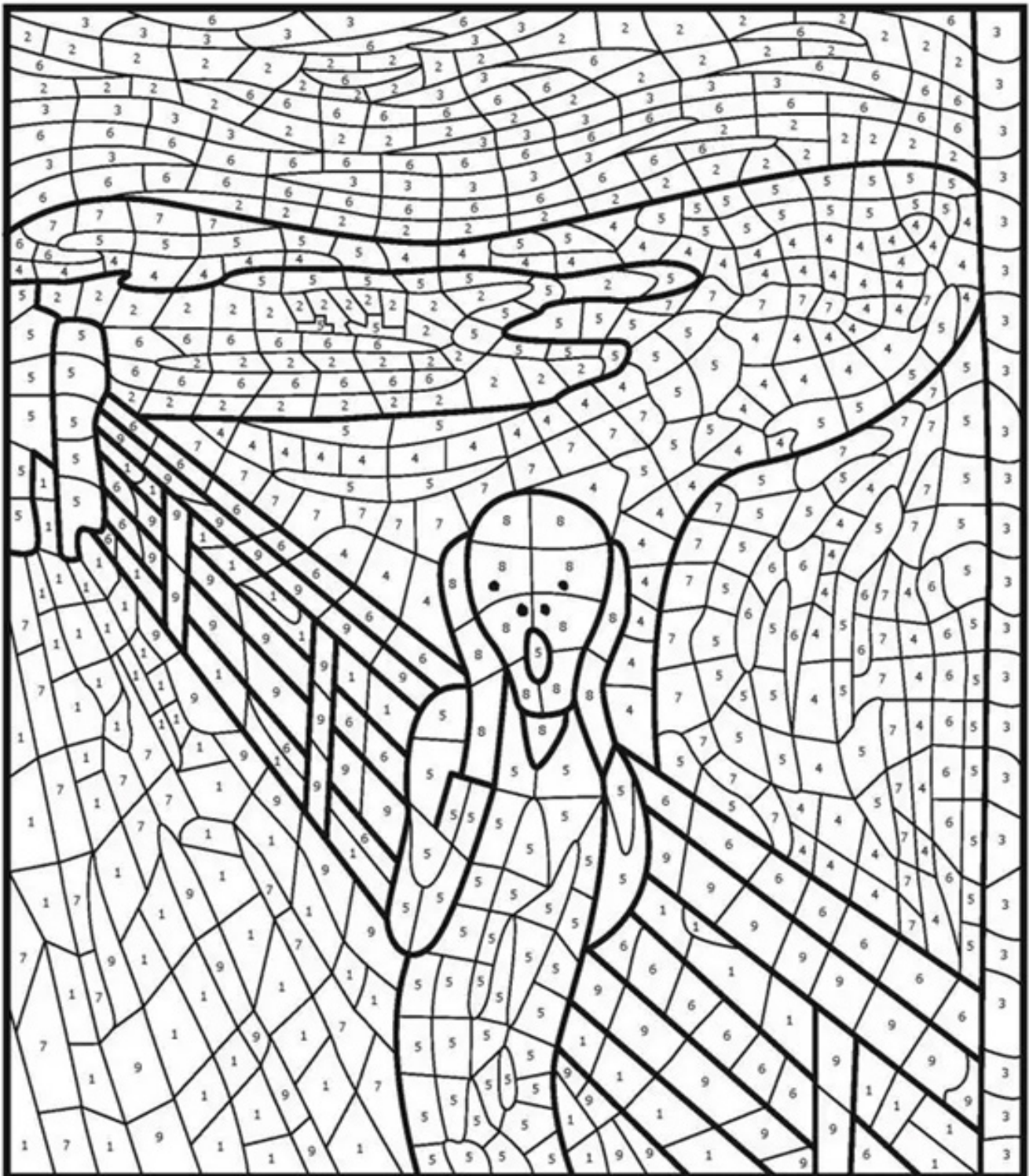
5
Black

6
Orange

7
Dark Gray

8
Peach

9
Dark Brown



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✧ ✧ ✧ TYPES OF EMOTIONAL BAGGAGE

EMOTIONAL BAGGAGE TAKES PLACE BECAUSE OF UNRESOLVED PAST PROBLEMS

1

GUILT FROM PAST RELATIONSHIPS

Guilt from past relationship is sort of discomfort or unhappiness for our behavior with our former partner and now carrying it in the current relationship or arguing with a family member before their death and now finding difficult to cope with it.



2

REGRETS

You feel sad, helpless and anxious about something you've done wrong or made a mistake. you may feel stuck in the past and try to overcompensate by avoiding same or any mistake in the future.



3

FEAR

Most usual type of emotional baggage is fear. Being a human many times we go through painful experiences and later in life we try to avoid facing the same kind of pain which develops fear in us. We try distancing ourself from such experiences to avoid the hurt.



4

SELF-CRITICISM

Often our inner critic pass judgements of disapproving different aspects of our life. In such cases an individual develops a core belief of not being good enough and a constant insecurity and low self-esteem.



5

PTSD

Most acute form of emotional baggage is PTSD. In this form one feels unsafe and threatened on the basis of past experiences. This is also a mental health condition which gets triggered by flashbacks of past experiences or witnessing something similar.



THE LITTLE BOAT IN THE BIG OCEAN: UNDERSTANDING FEAR OF ABANDONMENT

AIZA M.IMTIAZ

A LITTLE BOAT ON A CALM OCEAN

Imagine a little boat floating on a calm, blue ocean. It is tiny but strong, navigating through the gentle waves. Sometimes, though, the ocean can be unpredictable. The waves grow larger, and the boat feels a bit lost and scared. This little boat represents someone experiencing a fear of abandonment.



THE BOAT WITH A DARK CLOUD OVERHEAD

The fear of abandonment is like a dark cloud that can suddenly appear over our boat, casting shadows and making us feel alone and overwhelming, filling our hearts with worry and making us think that the people we care about might leave us behind.



THE BOAT SURROUNDED BY LIFEBOUYS

But wait! Even when the storm seems its darkest, the ocean is full of lifebuoys – bright, colourful circles of safety and support. These lifebuoys represent the people and resources around us that are ready to help and comfort us, even when we feel scared.



THE BOAT SEEING A LIGHTHOUSE IN THE DISTANCE

In the distance, a lighthouse shines brightly. This lighthouse symbolises hope and guidance, reminding us that, even in our moments of fear, there is a way to feel secure and find our way back to calm waters. It shows us that our fear, while real and sometimes overwhelming, doesn't have to control us forever.



THE BOAT WITH FRIENDS ABOARD, SMILING

As we learn more about our feelings and understand where they come from, we can invite friends, family, and supportive people onto our boat. They bring warmth, kindness, and reassurance, helping us feel less alone. With them, we can face the waves more confidently, knowing we are loved and valued.

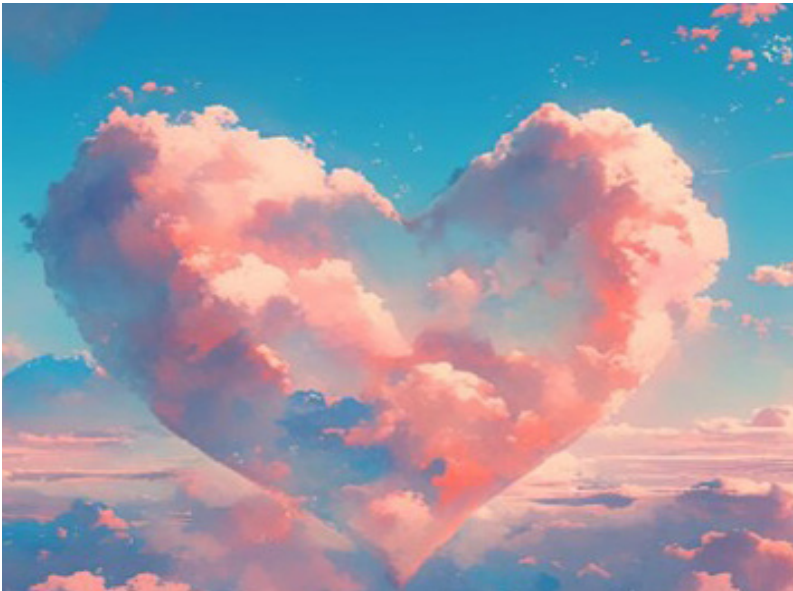


THE BOAT SAILING TOWARDS A SUNSET, WITH CALM WATERS AGAIN

The journey through the ocean of emotions isn't always easy, but with understanding, support, and self-love, our little boat finds calmer waters again. We learn that while fear of abandonment may visit from time to time, it doesn't have to stay forever. We have the strength to sail through, finding peace and connection along the way.

Remember, like the little boat, you are strong and capable. Even when you feel scared, know that there are always lifebuoys and lighthouses to guide you. You are not on this journey alone, and there is always hope for calmer seas ahead.



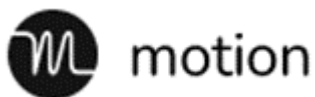


“You are loved. You are enough. You are never truly alone.”

TECHNOLOGY TO BOOST ATTENTION AND CONCENTRATION

Below are some apps to help you stay focused and productive:

1. MOTION AI



How it helps:

- Can assist in managing entire projects, not just a single task
- Has Auto-Scheduling feature that uses AI
- Adjusts by reshaping schedule if something unforeseen comes up
- Provides data on how you spend your time and suggests changes to boost productivity
- Offers a browser extension for hassle-free use

What it offers:

- Daily scheduling
- Task prioritising
- Deadline tracking
- Real-time adjustments
- Analytics insights



2. FOCUS KEEPER



How it helps:

- Encourages focused work sessions with scheduled breaks to boost productivity
- Keeps you on-task and organised once you start
- Monitors progress through automated charts to visualise task completion
- Continues to keep time and send alarms even when the app is closed
- An intuitive interface allows for easy navigation

What it offers:

- Built-in Pomodoro timer
- Time tracking
- Focus reminders
- Productivity tracking
- Customisable focus session, goals, and sounds



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