*This is an important message from the Institute of Clinical Psychology, UMT to all participants, faculty and other staff members.*

***Please read it and respond***

It goes without saying that we are all going through a difficult time emotionally, social and educationally. The magnitude of the problems caused by Corona-19 it rate of spreading has caught us unprepared. The virus has affected individuals as well as communities and even countries. Today, 192 countries of the nearly 200 have reported to have been affected by this virus and the daily toll is in on the increase. In a short time our life has been turned upside down, changing our view of ourselves and the world. From a relative safe and predictable living we are now afraid to think of our future.

Such anxieties are a natural reaction in view of the fact how events unfolded. At a time of sudden and severe stress we observe two extreme reactions. Some overreact with panic measures and others deny the danger and perhaps pretend nothing is going to happen to them. Most of us move from one reaction to the other. This situation of uncertainty arises especially when we do not have enough information to form a realistic view of the problem and our reaction. Half-baked myths and imaginary solutions are superficially attractive and therefore appear plausible, but in the long run cause more damage to our confidence in our efforts to overcome the problem or our abilities to win.

Every change in our surroundings or circumstances put us under stress. The nature of the stress can vary from person to person and situation to situation. The more the change is unexpected the more it is disturbing. The less we understand the cause and effect the more we are frightened.

We know there can be many adverse psychological effects at the time like this. Particularly for the students who may have been moved from their familiar safe havens. ICP provides clinical counselling service. The service is readily available. The common symptoms experienced are anxiety about the future and feeling low, socially alone and not being able to share their personal and private feelings.

We can suggest some practical steps that might help,

1. Get to know about the Corona-19. Our Health Department is constantly repeating on the media the important facts about the virus and its mode of behaviour, the precautions we all have to take to stop the

virus spread.

Do not feed it starve it, it will disappear

1. We know your routine has changed, develop a new regular life style. Engage in a variety of activities including your social contact.
2. YOU DONOT NEED SOCIAL ISOLATION BUT PERSONAL DISTANCING. YOU ARE BLESSED WITH A PLETHORA OF MODERN TECHNOLOGY TO STAY IN REGULAR CONTACT WITH YOU SOCIAL CIRCLE WITHOUY ALLOWING THR VIRUS TO JUMP FROM ONE PERSON TO ANOTHER.

The more we follow these rules the quicker we get rid of the blight.

If there is any reason you wish to the icp Clinical Counselling services please feel free to contact

The cousellors in the usual manner.

Please contact for appointment:

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