

Mei Choate, qualified counsellor (PhD, MACC-Accred, MBACP, Dip.Couns)  
**Special Package of 4 sessions to address Covid-19 fear and anxiety**

The current pandemic, lockdown and uncertain future is causing high levels of fear, anxiety and stress for many people, including but not restricted to frontline workers who are more exposed to the virus, and may have distressing memories of colleagues and patients who have died from Covid-19. If this is affecting you, it is important you take steps to address it before it gets out of hand.

### **Stress Response and Chronic Stress**

When the brain perceives you are in danger - from what you sense, see, hear, smell and what you think - it generates stress hormones such as adrenaline to help you (the “fight, flight or freeze” response). So for example your heart rate and blood pressure may increase. When the message reaches the brain that the feared situation is over, it stops pumping these hormones and your body returns to the relaxation state. If this message never reaches the brain, it puts the body on constant alert and additional hormones such as cortisol are generated – this is a state of chronic stress. Besides constant worry you may feel overwhelmed, unable to concentrate or be irritable and on edge. Difficulty sleeping or eating, smoking and drinking more than usual are other symptoms. Over time, chronic stress will negatively affect your health.

### **Money-Saving Covid-19 Package**

This is a tailored package of 4 counselling sessions of 50 minutes each, to address anxiety and stress symptoms specifically related to Covid-19 pandemic. It is for people who generally have been able to get on with life prior to the pandemic, but need additional support to manage stress and anxiety caused by the pandemic, which is a fearful unknown. It is a safe space for you to unashamedly share your fears and anxieties, without having to put on a brave face. More importantly, you will increase in awareness of what is going on in your mind and body, and learn helpful skills to reduce and manage the negative effects of stress, and not enter or continue in a chronic state of stress.

Note that this limited number of sessions cannot address (fully) panic attacks, trauma, PTSD and other issues such as bipolar, OCD, etc. It is possible to continue counselling (have additional sessions) to address any of these issues that may be brought up.

### **What is covered in the 4 sessions?**

Identifying and talking about your specific fears and anxieties in a safe and confidential setting  
Creating an inner safe oasis for soothing and comfort  
Identifying Triggers and managing them, including grounding techniques  
Identifying and modifying any unhelpful thinking styles (such as negative thoughts, catastrophizing)  
Letting go of behaviours that feed the anxiety and make it worse

Learning to let go of anxiety and be present in the moment ) Mindfulness  
Mindfulness meditations for relaxation, improving sleep ) Based  
Responding to difficult emotions / situations with kindness and composure ) Stress Reduction

### **Cost**

Springhead Counselling offers this package of 4 weekly sessions at a concessionary rate of £80. The normal cost of 4 counselling sessions is £160. These are online sessions, using Skype or Zoom.

**If you are a frontline worker and cannot afford this, please contact me to discuss a concession.**

To book your sessions or an initial, free consultation without obligation:

email: [springheadcounselling@gmail.com](mailto:springheadcounselling@gmail.com)

phone: 07396 534521 ( or 0044 7396 534521 if calling from outside UK)