

STAY STRONG!

There's always a rainbow after every storm

Dear Students,

As we have not met for some time, we thought of sending some words of encouragement during such difficult times.

Although we know that this is temporary, we are aware that our world has changed since our sense of normality was lost. Our fears might be on the increase due to resulting uncertainties related to our health, finances, relationships and studies. The experienced losses can make us feel unsafe and insecure.

Our reactions might differ, some might still experience denial in not accepting what is happening, anger might set in as Covid-19 is making us stay at home and disrupted all our plans and goals. Furthermore, one might try to bargain by thinking that after 14 days of social distancing this is going to be over while others might experience sadness and feel that this is never ending. Acceptance is where the power lies, as it helps us regain control in staying healthy, virtually connected (as needed and with the necessary boundaries) and ready for new experiences like online learning as an adaptation to our new reality.

We must admit that it is not always possible to ignore all our catastrophic fears, but we can also try to balance them out by not forgetting about the positive aspects of our lives. It's time to let go of what we cannot control and focus on what we can do instead.

Always remind yourselves that this is survivable and it's a matter of time.

Towards the end, we believe that this transformative experience can help us to find a meaning in appreciating more what we managed to achieve so far. Such transformation can only happen if we allow ourselves to stay with the experience and accept our emotions as it will empower us to keep going in order to survive.

Whilst wishing you good health, a very good dose of self-care and compassion towards each other, we gently remind you that our support is still available especially if your experience so far was overwhelming. Please feel free to send us an email on counsellors@mcast.edu.mt and we'll do our best to support you via email.

Stay safe and keep well.

The Support Team

