

STAY STRONG!

There's always a rainbow after every storm

Dear Students,

Our team of therapists within the wellbeing hub thought of sharing some ideas related to adaptation and coping strategies in relation to what we are experiencing. After we looked at the aspect of loss in last week's communication with you, here are some ideas about how we all need to adapt to a different life style while coping with what is going on around us.

Since the medical situation in the country constrained us to adapt, we found ourselves more or less struggling to modify our way of living. For some this is frightening but for others it might have been an opportunity for more flexibility and creativity. Being open to different approaches and different available options of doing things can help us in feeling less hesitant to change and more willing to adapt. Sometimes the more we resist to change the more we feel overwhelmed by the effect of a sudden change. We can easily identify signs of resistance to change. Continuous complaining about what is happening and stressing the claim 'this is not the way I have planned things' could easily become an attitude by which we resist to adapt. Such thoughts can become a belief about ourselves and what we are able to do. This would lead us to feel helpless and inadequate to cope with the situation and ultimately frustrated and even more upset.

Being creative and more open to ideas are good strategies in dealing with adaptation. Considering new ways of doing things can help us functioning from a more comfortable environment which can lead to more productivity. Ideas of how to be more flexible and creative in the way we do things can come from people around us such as relatives but also through other people as they share them on social media. We can easily discover that there are so many ways in how we can do things and which can work better for us.

All this can be very time and energy consuming however we should not let ourselves feel discouraged when things fail to work out as planned. It is not important how many times we fail but it is always important to keep on trying. Always remember to seek support from relatives, friends and professionals. This can help us be perseverant when we feel helpless or reluctant to change.

Our team of therapists can also be reached on counsellors@mcast.edu.mt if you would like to explore options or share concerns on how you can adapt to the changes happening around us.

We wish all of you and your loved ones good health throughout this time.

The Support Team

