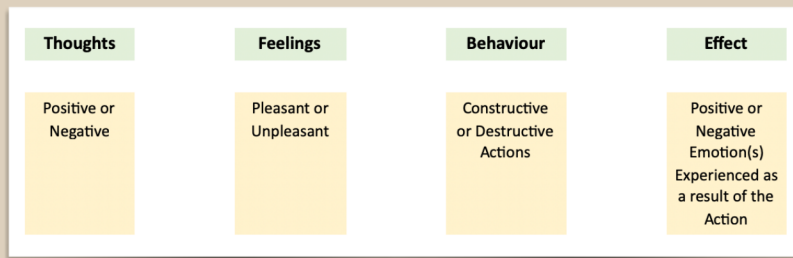


# STAY STRONG!

## There's always a rainbow after every storm

Dear Students,

We hope that you are all coping in the best way possible. In our previous messages we have discussed the sense of loss that we might be experiencing as well as the importance to adapt to the current situation. Whilst it is important that we keep ourselves informed and whilst doing our best to try to adapt, we also need to understand how our behaviour and feelings might be continuously changing due to the current circumstances. Many times this is the result of our thoughts, as they evoke feelings and our feelings then contribute to our constructive or destructive behaviours.



It is expected and common to experience negative thoughts in general but particularly during this difficult time, as it is affecting us on a personal level, on a community level as well as on a global level. Yet, it is of utmost importance to become more aware of such negative patterns and do our very best to replace them with more positive and healthy ones.

Here is an example of how we can try to tackle our thoughts:

	Negative	Positive
Thought	What will I do at home for so many days?? This will definitely drive me crazy.	Ok ... I will do my best to see this as an opportunity to do things that I did not manage to do before.
Feeling	Confusion, Anger	Accepting, Calm
Behaviour	Blaming the system and the situation	Exercise, read books, watch movies/episodes, spend time (also online) with loved ones, relax, engage in creative hobbies, try out new tasks
Effect	More anger, frustration, helplessness and resentment	Satisfied and happy

It is also very important to remember that challenging our thoughts requires constant training and therefore we must not give up if we find this puzzling at first.

Whilst encouraging you to observe the advice given by the health authorities, we wish you good health, self-care and self-compassion as well as care for one another. May we remind you that we are available to support you via email, so please feel free to contact us on [counsellors@mcast.edu.mt](mailto:counsellors@mcast.edu.mt)

Stay safe and keep well.

The Support Team