



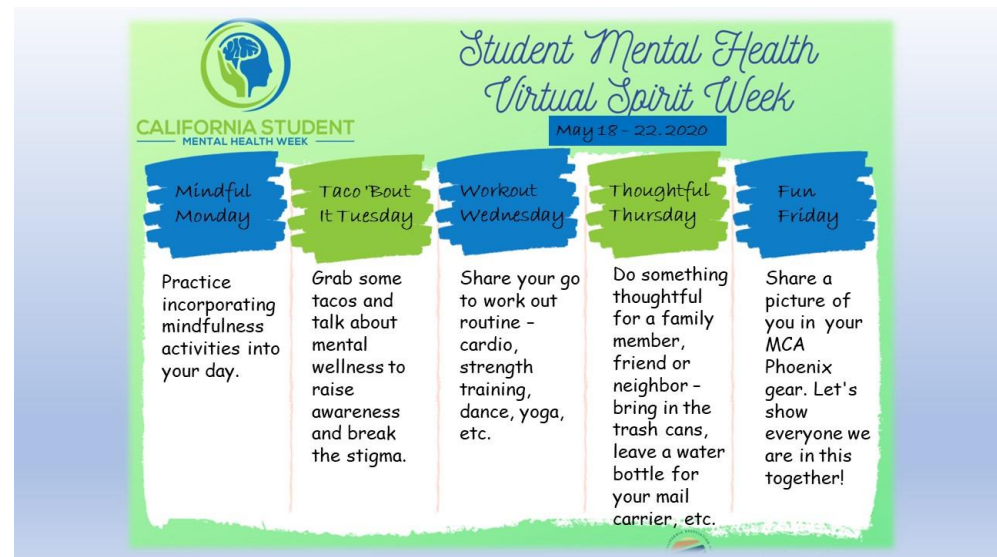
The global coronavirus pandemic has created a new reality marked by grief and loss. It has forced us to process both individual and collective grief in the face of an uncertain future which we are powerless to control. It is even more important now to recognize your emotions, own your feelings and to work to find the positive even when facing adversity or loss.

At some point in our lives we will all experience loss. It may be the end of a relationship, not being able to experience prom or graduation, being let go from a job, losing a home, or the death of a loved one. It is natural to go through a grieving process. By looking for opportunity in adversity or finding ways to remember the good things about who or what we've lost, we can help ourselves to recover mentally and emotionally. Completing this [Finding the Positive After Loss](#) worksheet can help you change the way you see negative situations, reframe negative thoughts and practice gratitude to reduce sadness and anxiety.

#### Many Sides to Our Story

Join the Transition Age Youth (TAY, ages 16-25) from Operation Safehouse as they share their inspirational stories of hope and recovery on Instagram Live on **Wednesday May 20th at 9:00 AM @CupofHappyWest** or at **1:00 PM @CupofHappyEast** (videos will be available on Instagram stories for 24 hours). We can break the stigma of reaching out for mental health support for good!

Don't forget to share your virtual spirit week photos/videos on MCA's social media pages:



**Monday:** Check out this [online course](#) from UC Santa Barbara which helps students focus their minds, reduce their stress and manage their emotions!

**Tuesday:** Join the #manysidestomystory challenge by visiting the [Each Mind Matters website!](#)

**Wednesday:** Try a new workout routine like [yoga](#)!

**Thursday:** Try these doing good from home [ideas](#) to practice kindness!

**Friday:** Check out this [Ted Talk](#) on how social connection is as important as food and water!