

## **Words of Encouragement To Students and Staff of MCKL**

In light of the extension of the Movement Control Order (MCO) to 28 April 2020, the management of MCKL would like to **strongly** encourage ALL students and staff of MCKL to respect and adhere to the MCO rulings to break the chain of the spread of the COVID-19 virus. We understand that this condition has not been easy for everyone here, but I believe that we will all be able to persevere through these tough times.

Take this time to:

- **Reflect**  
Find a quiet place and time. Think about your life: where you are now and where you want to be. Are you living life driven by your goals, values, and calling? Is there any part of your life that needs to be 'fixed'?
- **Be Present**  
Learn to appreciate the present moment and pay attention to your surroundings, to people around you, and to yourself; how are you feeling and what are you thinking?
- **Be Grateful**  
Start the day with gratitude practice. Research shows that cultivating gratitude reduces stress and promotes happiness. Keep a gratitude log; write down the name of one person or at least one thing that you're grateful for.

Should you need to speak to someone, our Head of Counseling Centre, Ms. Joann Toh is available. You may drop her an email at [toh.joann@mckl.edu.my](mailto:toh.joann@mckl.edu.my) to arrange a session. She is also part of the COVID-19 Emotional and Psychosocial Support Team set up by the Ministry of Health Malaysia.

We would like to thank all our stakeholders for their support and encouragement during this trying time. Each of us has a role to play and I appreciate the contributions made as I am aware that some of us have made very noble sacrifices in order to reclaim a **safer tomorrow** for the rest of us. Let's continue persevering through this journey and keep working together.

Stay home, stay safe, and stay strong.

Yours Truly,

Angela Pok  
Chief Executive Officer  
Methodist College Kuala Lumpur

**13 April 2020**