



# TAKE5

DEVELOP SKILLS FOR POSITIVE LIVING

## Our monthly workshop series transformed into a virtual helping tool.

*Get ideas for coping and learn about helping resources.*

**Sponsored by ARCC Counseling Services**

For appointments click [here](#) or

call 763-433-1100

### Issue # 1: April 6, 2020

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## Positive News Corner



The whole community is coming together to support the medical professionals who are working on the front lines. People are saying THANK YOU through signs, car parades and even helping by making masks for providers. See the THANK YOU that Google created by clicking [HERE](#).



Pay attention to the good news around you.



### APP HIGHLIGHT



Download the **iBreathe app** and use it to practice deep, intentional breaths. This can improve energy and reduce anxiety.

### Quick Tip:

#### Establish a routine.

Try to create a daily routine for yourself. This will help you to feel more settled and in control.

IT'S NORMAL TO FEEL SAD, STRESSED, CONFUSED, SCARED OR ANGRY DURING A CRISIS.



TALK TO PEOPLE YOU TRUST, SUCH AS FRIENDS AND FAMILY OR YOUR FELLOW COMMUNITY MEMBERS.

# ARTICLE SPOTLIGHT

Ask yourself these six questions every day

[This article](#) from Greater Good Magazine identifies a simple strategy we can all implement every day.

Ask yourself these six questions while in quarantine:

1. What am I grateful for today?
2. Who am I checking in on, or connecting with today?
3. What expectations of normal am I letting go of today?
4. How am I getting outside today?
5. How am I moving my body today?
6. What beauty am I creating, cultivating or inviting in today?



## Helping Resources:

- **Anoka-Ramsey Community College Counseling:** Click [here](#) to make an appointment via Zoom (online) or Phone.
- **Texting Crisis Line:** Text MN to 741741
- **NAMI:** [Resource and Information Guide](#)
- **Food pantries in MN:** Many are doing drive up service. [List of MN food pantries](#)



Please view the Anoka-Ramsey [website](#) for updates about the COVID-19 response from the college.