



TAKE5

DEVELOP SKILLS FOR POSITIVE LIVING

Issue # 2: April 13, 2020

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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

*A special thank you to ARCC student worker **Esther Stoy** who has been helping with this project.*

Positive News Corner

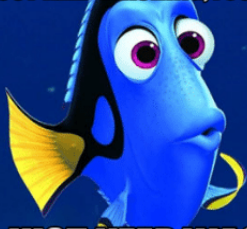


APP HIGHLIGHT



The **MindShift** app helps with anxiety. It has tools for coping, changing your thinking and taking charge of your feelings.

JUST KEEP WASHING, JUST KEEP WASHING



JUST KEEP WASHING YOUR HANDS!

Spread the LOVE!

Brightly colored hearts are popping up on windows, sidewalks and buildings everywhere. The movement is intended to bring forward the message of spreading the love, not the germs. Check out the facebook page with pictures [here](#).



Have you seen any hearts? Maybe you want to join the movement and share the love by adding some hearts too!

Quick Tip:

Get outside!

Enjoy the nice spring weather in Minnesota! It is scientifically proven that being outdoors has positive benefits on physical and mental health. Be sure to practice safe social distancing while outside, but try to get out daily if you can.

Slow the spread of COVID-19, stay home if you can.

#AloneTogether



ARTICLE SPOTLIGHT



Dealing with Disappointment

[This article](#) from the Love is Louder Campaign gives suggestions for how to deal with disappointment.

With so many changes and cancellations because of COVID-19 we are all left feeling saddened by missed plans. Tips for coping with this disappointment include:

- Acknowledging feelings
- Forgiving yourself
- Focusing on friends
- Having a virtual experience
- Making a gratitude list

Check out the article to learn more!

SHOW UP
BY NOT
SHOWING
UP.

@loveislouder

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

Alexandra House: Domestic violence hotline 763-780-2330

Grab and Go Food Pantry at Anoka-Ramsey:

April 15 and April 29, [Learn more](#)



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