



Issue # 4: April 27, 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.*

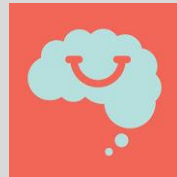
Positive News Corner

Post something bringing you joy or how your neighbors are helping each other using:

#KSTPKindness

LET'S
ROOT FOR
EACH OTHER
& WATCH
EACH OTHER
GROW

APP HIGHLIGHT



The **Smiling Mind** app offers users a variety of meditation tools as well as guidance for checking in with yourself. Something for all ages!

Quick Tip:

Do something diferent!

Are your days looking the same? While a routine is very important for coping, it's also good if each day can be a little different. Something as simple as working from a different room can help reduce the boredom.

IT'S
gonna
BE
O.K.

Celebrate Kindness!

The news station KSTP has a great campaign called [#KSTPKindness](#). This was created to help people recognize the acts of kindness that are happening all over our state. The campaign asks people to submit an act of kindness and view the Kindness Map. Read some of the stories [here](#) and consider submitting your own Kindness story!

ARTICLE SPOTLIGHT

Change to Chill: Virtual Care Package

Allina Health has an award winning program called **Change to Chill** that helps young people to better manage stress and anxiety. They have created a [Virtual Care Package](#) for those seeking some tools to cope with COVID-19. Check out [this link](#) to find tools for:

- Meditation for breathing and focusing
- Mindful movement and worksheets
- Gratitude practice
- Sleep tracker
- Videos
- And much more!

Most items in the Virtual Care Package are quick and easy to use and might make all the difference in your mood and your day. The Change to Chill website is full of great self-help tools for people of all ages.



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

Scholly COVID-19: [Student Relief Fund](#)

Grab and Go Food Pantry at Anoka-Ramsey:

April 29 [Learn more](#)

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

