APP HIGHLIGHT

The Stop Breathe & Think app has short activities to help identify emotions, check in with your thoughts, practice mindfulness and broaden your perspective.

Positive News Corner

Quick Tip:

Avoid too much news
The media has flooded us with information about coronavirus. Too much bad news takes a toll on our health. Make sure to get the information you need but don’t overdo it. Check in on the news once a day with a trusted source.

Sponsored by ARCC Counseling Services
For appointments click here or call 763-433-1100

Pet Adoption Boom!
If you are an animal lover you will love this story! Because of shelter in place, there has been a surge of pet adoptions. Some animal shelters like this one in Riverside County, have a completely empty shelter! Shelters were nervous about adoptions when the virus came because they had to stop many of their adoption meet-and-greet activities, so this adoption surge has been a joyous relief. Pets and owners alike are pleased as well.

Staying home saves lives.
For more info visit coronavirus.gov
Even when stuck indoors you can gain a sense of perspective and mindfulness at home. Check out this article from Greater Good Magazine to learn more and gain some practical tips. The article discusses the many benefits of mindfulness and shares the concept of Microdosing Mindfulness in which we practice discovering awe in the ordinary. We can practice Microdosing Mindfulness any time and any place. The article explains the process of finding the awe in 3 easy steps:

- A is for Attention
- W is for Wait
- E is for Exhale and Expand

Check out the article for more details about each of these steps including where to look for mindfulness inspiration around your own home. The article also suggests that we share our moments of awe with others. Maybe you can make an awe moment a part of your every day ordinary quarantine experience.

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:
May 13 Learn more

Please view the Anoka-Ramsey website for updates about the COVID-19 response from the college.