



### Issue # 5: May 4, 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

## Positive News Corner



### Pet Adoption Boom!

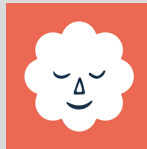
If you are an animal lover you will love this story! Because of shelter in place, there has been a surge of pet adoptions. Some animal shelters like [this one](#) in Riverside County, have a completely empty shelter! Shelters were nervous about adoptions when the virus came because they had to stop many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

# SHAKA



# NOT SHAKE

### 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.

## 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.

**#AloneTogether**



## Staying home saves lives.

For more info visit [coronavirus.gov](https://www.coronavirus.gov)

# ARTICLE SPOTLIGHT

## Stuck at Home? How to Find Awe and Beauty Indoors

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.*

