



# TAKE5

DEVELOP SKILLS FOR POSITIVE LIVING

## Issue # 6: May 11, 2020

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Final  
Issue

## 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

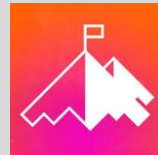
## Positive News Corner



**Congratulations to all 2020 Anoka-Ramsey graduates!**



## APP HIGHLIGHT



The **MoodMission** app shares better ways of coping through quick, simple missions that will help aid in managing feelings more effectively.

## Still Celebrating!

Despite the pandemic and social distancing rules, people are still finding ways to celebrate important occasions together. Virtual family gatherings, zoom holiday dinners, online Easter services and special Ramadan gifts and social media posts are just some of the creative ways people are still connecting and enjoying these important days. Check out the [link](#) to read more! How might you continue to celebrate?

## Quick Tip:

### Recognize all Success

Give yourself credit for what you are doing each day. It doesn't have to be big, life changing behaviors. Even the small stuff is a big deal right now! Did you do some cleaning or finish an assignment? Good job!

**The current goal:**  
Do the best we can to stay  
safe, healthy, and connected  
during this time.

# ARTICLE SPOTLIGHT

## Reframing Your Thoughts to Experience Joy During Coronavirus

We can still experience joy during the pandemic and we should! Learn about Cognitive Reframing which helps to replace negative thoughts with more positive, adaptive thoughts. Follow the [link](#) to watch the video or read the article which shares some useful tips to help you reframe. Tips include:

- Alter your wording
- Ask yourself: “What is the best way for me to accomplish this?”
- Ask yourself: “What can I learn from this?”
- Challenge your assumptions

The article gives example situations and how to reframe them such as feeling devastated about an event being cancelled. Give it a try. It may have a positive impact for you!



### 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.