



## A monthly virtual helping tool.

Get ideas for coping and learn about helping resources.

**FALL 2020: Focus on Basic Needs Resources.**

Sponsored by ARCC Counseling Services

For appointments click [here](#) or

call 763-433-1100

### Fall 2020 Issue #4: December

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## Find Your Happy Place

**Find your happy place.**  
TIPS TO REDUCE COVID-19 STRESS

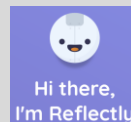
- Focus on what you can control – including your thoughts, behaviors.
- Remember that you are resilient, and so is humankind. We will get through this.
- Do what you can to reduce your risk. See content that you can access for yourself and others.
- Use technology to connect with others frequently.
- Look for the good stuff. The helpers, time with family, and opportunities to aid together. Write down these things you are grateful for each day.
- Limit exposure to news, social media updates, email speculation and rumors.
- Use reputable sources of news, model peaceful behavior for those around you. Remember, everyone experiences stress in different ways.
- Don't let fear influence your decisions, such as hoarding supplies.
- Be gentle with yourself and others.
- Create a regular routine, especially for children and work from home.
- Maintaining a healthy diet and exercise routines to help your immune system and mental health.
- Spend time in nature while adhering to social distancing guidelines.
- Reflect on your reactions. Things who have experienced trauma may be triggered by feelings of powerlessness. Understanding what you are feeling can help you consider how you want to respond to the trigger.
- Practice meditation, yoga, or other mind-body techniques. Find apps or classes online to help.
- Reach out if you need to talk. There are local and national hotlines and services that can help.

DISASTER DISTRESS HELPLINE  
1-800-985-5890  
#MINDYOURTEXT #M746

DEPARTMENT OF HEALTH  
health.mn.gov | 03/07/2020



### APP HIGHLIGHT



**Reflectly** is a diary, gratitude journal & mood tracker app that helps you structure and reflect upon your daily thoughts. Vent your thoughts and feelings to track your mood and increase happiness.

### Quick Tip:

#### Take a Tech Break!

- Turn on “Do Not Disturb” or turn off notifications
- Power down tech for at least an hour a day
- Create a tech-free zone
- Use tech to help you stay off tech



CLICK image for VIDEO!

### Tips to Reduce COVID-19 Stress

- Focus on what you can control
- Remember that you are resilient
- Reduce your risk
- Connect with others
- Look for the good stuff
- Use reputable sources
- Model peaceful behavior
- Don't let fear influence
- Be gentle with yourself and others
- Create a regular routine
- Maintain a healthy diet and exercise

Here is the [full list](#) from the Minnesota Dept. of Health.

# RESOURCE SPOTLIGHT

## Stress Management

Managing stress is a key element of living a healthy lifestyle. When you are experiencing high stress levels you are putting your entire well-being at risk. It can impact your emotional health, as well as your physical health. Effectively managing your stress can help you be happier and healthier. Finding the balance between stressors allows you to make time for the things that are most important to you. Here are some resources we have found to be helpful in finding the right fit for your stress management needs.

[Change to Chill](#) is a mental well-being resource offered by a subdivision of Allina Health. They provide online and printable tools to help you become more aware of what stress is, what causes it and how to manage it. In addition, they provide resources for others that can help positively impact the mental health of someone they care about. This [Stress 101](#) page is a great place to get started.

**Press Pause**, through Half of Us, is a great reminder that sometimes we just need a break. [This website](#) has great examples of ways you can “press pause” and take a break when you need it most.

**1000 Petals** has some great tips on building connections, specifically during COVID-19 when being together may look a little different. [Check out their blog](#) for some practical tips on how to make connections.

