



## A Monthly Virtual Helping Tool

From ARCC Counseling Services

# SEPTEMBER TOPIC: CONNECTION



### QUICK TIP

#### Create a Digital Friendship Group

Gather a group of new acquaintances and old friends together and commit to attending a scheduled online gathering each week or month.

### TAKE ACTION!

Try one of these suggestions for creating connection in your life:

- Reach out to a friend or family member that you have not talked to for a while.
- Find ways to connect with your community through events, volunteer service or activities.
- Recognize a connection you have and express thanks to them.

## RESOURCE CORNER

Check out these resources related to *Connection*.

- Stay Connected MN [Toolkit](#)
- Community Education in [Anoka County](#) or [Isanti County](#)
- ARCC Online Learning [Resource](#)

### ARCC Student Life events to help you connect:

- September 13-17 **Virtual Involvement Fair** on Flipgrid  
Check out videos submitted by ARCC clubs and organizations [here on Flipgrid](#)
- September 23 (2:00 – 3:00 pm on Zoom) – **Speed Friending Event**

Come and meet your ARCC peers at this event. You must [register here](#) to attend.



# ARTICLE SPOTLIGHT



Social connection creates  
a positive feedback loop

## Wellness Module: Social Support

*From: Here to Help, a group of non-profit organizations promoting mental wellness and better living.*

Social support helps people combat stress and maintain overall wellness. This article discusses four types of social support:

- Emotional Support
- Practical help
- Sharing points of view
- Sharing information

Readers are guided in evaluating where their current support shines and where it needs improvement.

The article also states that changes in lifestyle often need changes in social support as well. Several suggestions are offered for growing social connection.

The article includes a survey for readers to take to find out if you have enough social support in your life. [Check it out!](#)

### Take 5 September Zoom Workshop

#### Fostering Connection

**Zoom Workshop: Tuesday, Sept 21, 1:00 PM**

Join us to learn:

- The relationship between connection and mental and physical well-being
- How to grow connections despite social distancing
- Evaluate your social support network

Register here: [Fostering Connection Workshop](#)

### Connect with ARCC too!

The staff and faculty at Anoka-Ramsey care about you. Connecting with the many professionals we have on campus can be valuable to your well-being and success.

Research shows that students who use campus services and connect with their professors do better academically.

See all of our [Student Resources](#) at ARCC.

*Sponsored by ARCC Counseling Services*

For appointments click [here](#) or  
call 763-433-1100

For non-emergency questions email:  
[Counseling@anokaramsey.edu](mailto:Counseling@anokaramsey.edu)

