HOW TO COPE WITH CHALLENGING TIMES
Watch this short video to learn how others are coping and then brainstorm what you can do to cope with challenging times.

HOW WE FEEL APP
How We Feel is a free journal for your well-being. By using the app, over time you will learn how to describe how you feel, spot trends and patterns and practice strategies to regulate your emotions in healthy ways.

USING AFFIRMATIONS: HARNESING POSITIVE THINKING
In this article, you will learn what affirmations are and how to use them.

FACTS ABOUT MENTAL HEALTH
- 1 IN 5 U.S. ADULTS EXPERIENCE MENTAL ILLNESS EACH YEAR (WWW.NAMI.ORG)
- 1 IN 6 U.S. YOUTH AGED 6-17 EXPERIENCE A MENTAL HEALTH DISORDER EACH YEAR (WWW.NAMI.ORG)
- 2 IN 3 (66.5% OR 38.8 MILLION) ADULTS WHO EVER HAD A MENTAL HEALTH ISSUE CONSIDERED THEMSELVES TO BE RECOVERING OR IN RECOVERY (JAN 2023, WWW.SAMHSA.GOV)
EVENT
Changing the Conversation about Mental Health

We are excited to host Abraham Sculley, a nationally renowned speaker on mental health. He uses his passion to inspire others to promote the importance of mental health and assist others in reaching their highest potential in their physical, spiritual, and mental health.

When: Tuesday, April 25th
Where: Rapids Campus - Legacy Room SC270 from 11am - Noon
Cambridge Campus - Theater G202 & Zoom Session from 2pm - 3pm

Click HERE to RSVP for our Rapids Campus Session OR To RSVP for our Cambridge Campus Session or Zoom click HERE

ARTICLE SPOTLIGHT
RECOVERY IS POSSIBLE

Most people with mental health problems can get better. Treatment and recovery are ongoing processes that happen over time. The first step is getting help.

What Is Recovery?
Recovery from mental disorders and/or substance abuse disorders is a process of change through which individuals:

- Improve their health and wellness
- Live a self-directed life
- Strive to achieve their full potential

Four Dimensions of Recovery
Four major dimensions support a life in recovery:

- **Health**: Overcoming or managing one’s disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.
- **Home**: Have a stable and safe place to live.
- **Purpose**: Engage in meaningful daily activities, such as a job or school, volunteering, caring for your family, or being creative. Work for independence, income, and resources to participate in society.
- **Community**: Build relationships and social networks that provide support, friendship, love, and hope. Click HERE to continue reading.
In a 2021 article by Angela Theisen, L.C.S.W., she makes the argument that a sense of belonging is an integral part of mental and physical health. This year Anoka-Ramsey Community College has chosen Belongingness as the theme for our Strategic Plan. Please consider not only the suggestions found within the linked article above, but also the Belongingness Tips Sheet. Find a friend who is willing to be a partner in this effort to help you overcome any potential awkwardness and encourage you to keep trying.

When we connect in healthy ways with ourselves and each other, our relationships are strengthened and the journey towards success is a little more enjoyable and achievable. And when things seem particularly rough, take advantage of the many resources available to you... especially the communities you belong to.

Brandyn Woodard, ARCC Vice President of Equity and Inclusion