

TAKE 5

DEVELOP SKILLS FOR POSITIVE LIVING

April, 2023

A VIRTUAL HELPING TOOL
FROM ARCC COUNSELING

MONTHLY NEWSLETTER

TOPIC: IMPORTANCE OF MENTAL HEALTH

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.



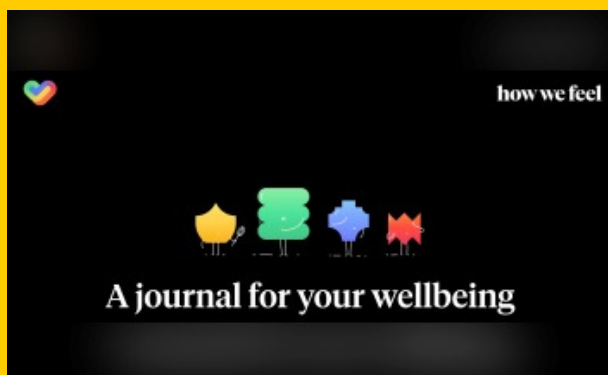
USING AFFIRMATIONS: HARNESSING POSITIVE THINKING



In this [article](#), you will learn what affirmations are and how to use them.

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.



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



ARCC Counseling Services:

For appointments click [HERE](#) or Call 763-433-1100

For non-emergency questions email:

Counseling@anokaramsey.edu



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RESOURCE CORNER

- **NAMI MN**: National Alliance on Mental Illness Minnesota: Find resources, information and support.
- **Allina Change to Chill**: Tools for coping, videos, worksheets, resources.
- **Psychology Today**: Find a therapist near you. Filter by insurance, specialty areas, preferred therapist gender and more. Read a bio to learn about them before you pick one!
- **ARCC Basic Needs Website**: Find resources meeting your basic needs like food, housing, transportation and childcare.
- **ARCC Mental Health Screening Tool**: Concerned about how you are feeling? Take a free, anonymous screening to see if you should connect with a mental health professional.
- **Crisis Text Line**: Text MN to 741741 for 24-hour crisis support.
- **988 Suicide and Crisis Lifeline**: Text, chat or call 988 for help with emotional or substance use concerns.