



We Are Still ALL In This Together

"Welcome to RCTC" is a phrase we say each fall to our new and returning students. This fall, we mean it more than ever. It's been really, really, really quiet here and we've missed you!

As excited as we are to have you here, we also understand RCTC's continued return to "normal" depends on all of us continuing to do our part to **prevent the spread of COVID-19**. This means properly wearing masks and getting vaccinated if you are eligible. If you have questions or concerns about the COVID-19 vaccine, seek information from reliable, trusted, and scientific sources. The Centers for Disease Control, the Minnesota Department of Health, and the Mayo Clinic are good places to start when looking for accurate information about COVID-19.

If you are eligible to get the COVID-19 vaccine, consider getting vaccinated now. The **vaccines are FREE**, easily accessible, and scientifically proven to be safe and effective. For information on where you can get the vaccine, google Minnesota Vaccine Connector.

Care For Your Mental Health

The COVID-19 pandemic has caused massive changes for all of us. These changes may result in feeling stressed, nervous, fearful, or anxious. As we continue moving through the pandemic, use these tips to care for your mental health and well-being.

- **Engage in mindful awareness practices** like 7-11 breathing to interrupt "racing" or uncontrolled thoughts: Sit quietly, close your eyes, and inhale for a count of 7, then exhale to a count of 11. Repeat this cycle 2-3 times whenever you need it.
- **Set boundaries for social media consumption.** It is important to stay informed and connected, but choose boundaries that reflect your values and protect your well-being.
- **Stay safe as you connect emotionally.** Stay safe by socially distancing as you stay connected with friends and family by using Facetime, Zoom and other social media tools.

Mental Health Therapy Available

Student Health Services has licensed mental health therapists available to provide therapy to students who may be struggling with depression, anxiety, or another mental health concern. Confidential therapy visits are billed to the student's health insurance. If insurance coverage is not available, financial assistance is available.

Call 507-285-7261 to schedule a counseling appointment with one of the therapists (Sheri or Pati) or use the portal MyHealth.RCTC.edu



Sheri Pearson



Pati Hruby

"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less." ~ Marie Curie