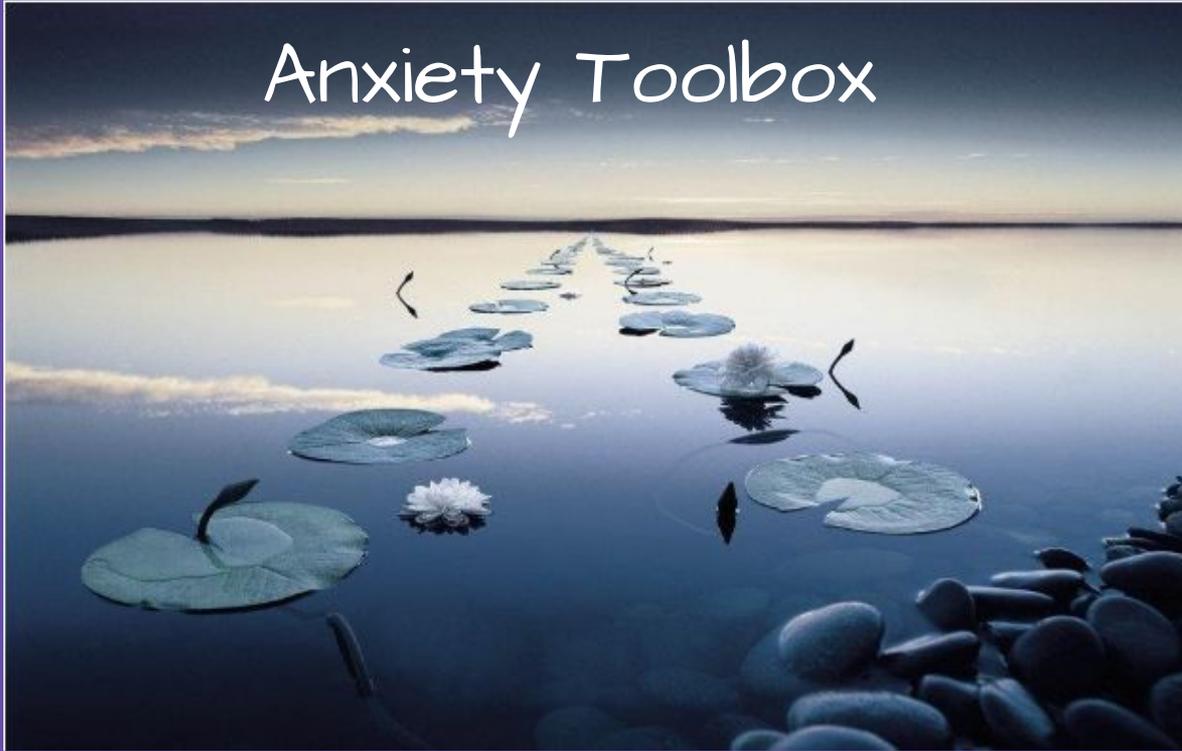


Anxiety Toolbox



Presented by CSUEB Counseling Services
Week 12 - RESET Our Worry



Let's Stretch . . .



A Few Zoom Guidelines

- Please mute your audio and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality, and Zoom limitations

Community Agreements

- Push yourself to participate
- Focus on your own experience
- Share headlines, not details
- Ask others before giving them feedback
- Step forward, step back
- Assume positive intent from others
- Take responsibility for your needs

Intention's for Today's Group

- Practice Mindful Eating
- Reduce Vulnerability by “Building My Buffer”
- Buffer check
- “Getting Buffer” with R-E-S-E-T (Rest, eat, sleep, exercise, talk with someone supportive)
- Worry & Sleep

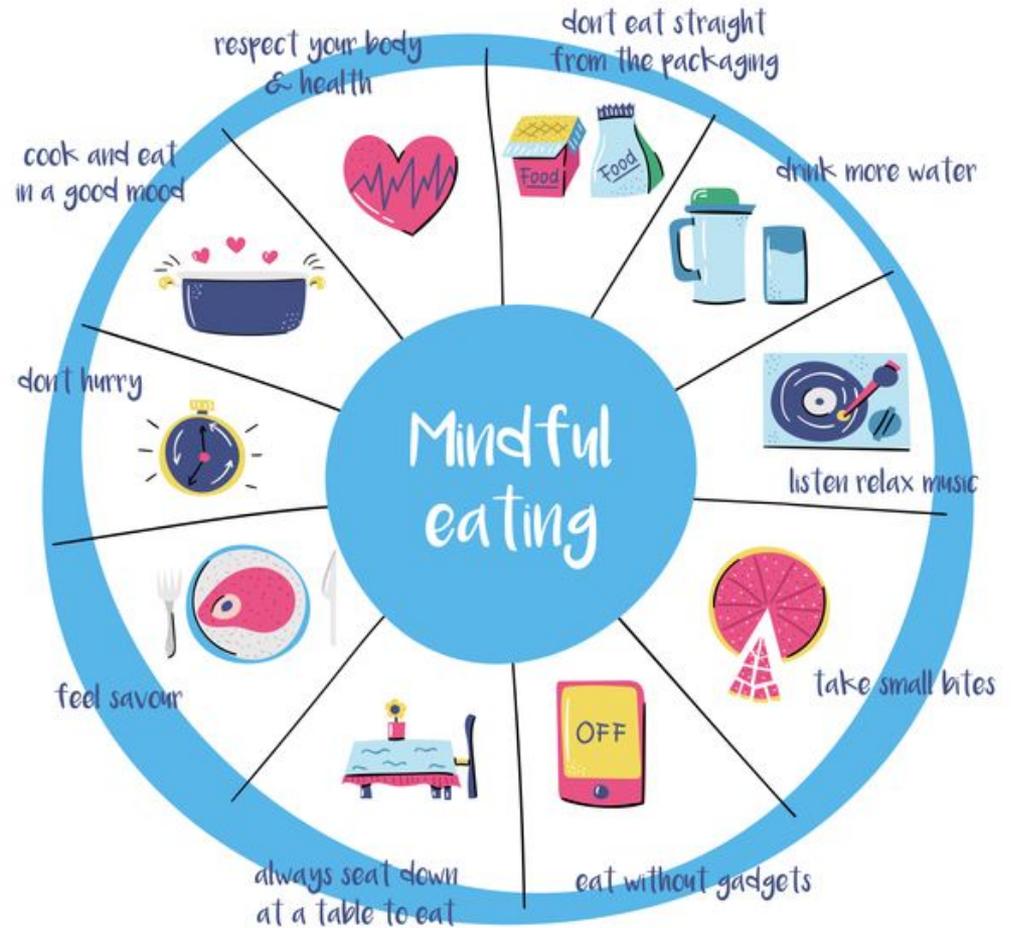
Introductions:

Share your name, year @ CSUEB, major &
LEAST favorite food



My Anxiety Meter

Mindful Eating Exercise



Reducing Vulnerability by “Building My Buffer”

What is my “buffer?” Imagine your buffer as a shield or force field around you. No one can see it, but you can feel when your buffer gets thin or thick.

When it is thick, you feel less affected and upset by challenges. Your buffer helps shield and protect you when something stressful happens.

Our buffers are always changing. Often, despite our many efforts and resilience, our buffers have been worn thin. Doing a “buffer check” can help you be more self-aware and approach challenges effectively.

Buffer scenarios:

- You just had a restful weekend - had a meaningful conversation with a good friend, took a long run, finished your homework, ate healthy meals, and had a good night's sleep.

Versus

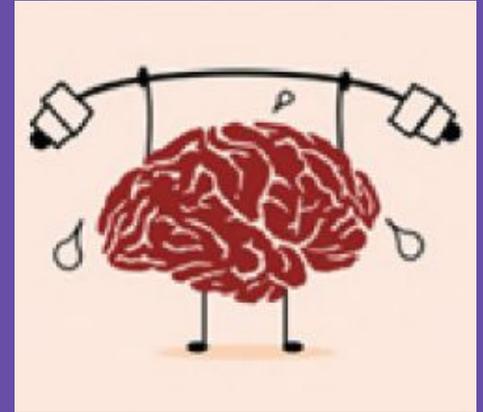
- You had a busy, draining weekend - worked all day Saturday and got yelled at by a customer, then binged watched a series on Netflix and stayed up late. You went out to a party where you did not know anyone and overate, then felt awkward and drained afterwards.

You walk into class on Monday morning and find out you have a surprise quiz that you did not prepare for. How do you react under each scenario?

Buffer Check

Identify your current buffer level: 0 - 10

- 10 = Most refreshed and strongest buffer possible
- 7-9 = High / strong buffer
- 6 = Above average buffer
- 5 = Average buffer
- 4 = Below average buffer
- 1-3 = Very low / compromised buffer
- 0 = Most depleted and worn out buffer possible



Getting “Buffer”

When your buffer is thin, consider ways to restore it with a **RESET**:

- Rest
- Eat
- Sleep
- Exercise
- Talk (with someone supportive)



What would help raise your buffer by at least 1 point today?

Worry & Sleep

Many who struggle with worry also struggle with sleep. As we try to go to sleep, we are often depleted and have less distraction from our thoughts. This can be a time when worry is especially hard to manage.



To reduce the power around your worry, choose a period of time (perhaps 20 minutes), and a location to focus on your current concerns. Let yourself focus on all your worries and everything you fear could possibly go wrong during this **worry time**. Pay attention to themes of your worry, and any insights you may have after practicing.

QUESTIONS: What tends to get in the way of you getting better sleep? And...
What helps you sleep well?

Diaphragmatic Breathing



My Anxiety Meter

Additional Resources

- Counseling Groups throughout every week
- Virtual RAW events: Virtual RAW events: Mindful Minutes now three times a week!
- Pioneers for HOPE - support with food and housing
- Follow us on Instagram - @eastbayshcs

Take Care!

- Thank you for joining us today!
- Think about what skills you might want to practice from home this week:
 - Mindful Eating
 - Checking your Buffer levels
 - Engage in RESET activities
 - Practice Worry Time
 - Diaphragmatic Breathing
- It is best to practice these when you are not anxious, so that you have the routines in place when you are feeling overwhelmed.



