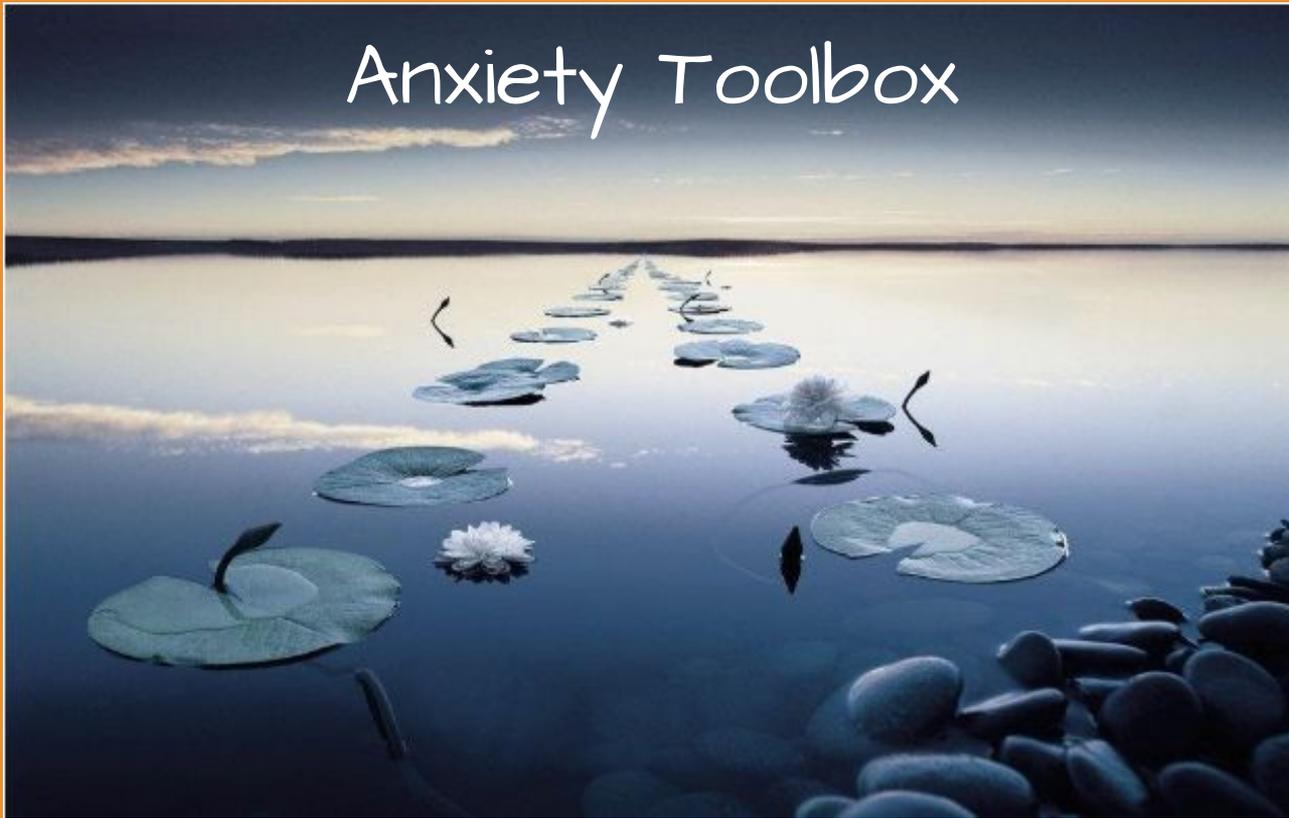


# Anxiety Toolbox



**Presented by CSUEB Counseling Services**  
**Week 4 - Power of Perception**



# 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

# Introductions:

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



# **Intentions for today's Group:**

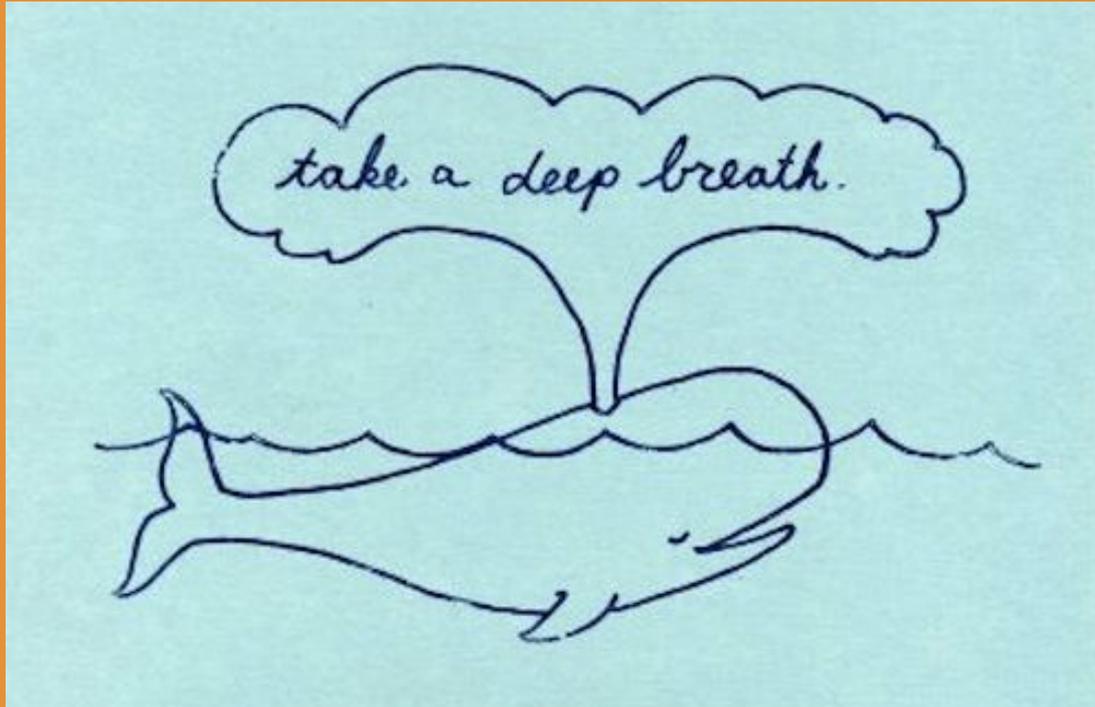
- **Practice Deep Breathing**
- **Perception: CBT and Acceptance Models**
- **Challenging Thoughts**
- **Practicing Acceptance**
- **Leaves on the River Meditation**

# **My Anxiety Meter**

# Deep Breathing

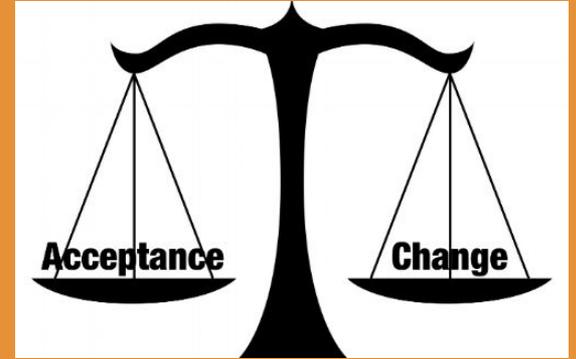
As you breathe in, focus on the thought: "I'm thankful for..."

On the out breath, push all your anxious thoughts out, trying to remain present in this room.



# The Power of Perception

**Cognitive Model:** From this perspective, difficulties with anxiety come from unhelpful thoughts and beliefs. Cognitive behavioral therapy (CBT) is a form of counseling that focuses on learning more realistic and adaptive ways of thinking about yourself, others, and the world.



**Acceptance Model:** From this perspective, a lack of acceptance around “negative” thoughts and “negative” emotions is fueling your anxiety and suffering. Through acceptance, you learn to relate to your emotions in a healthier way.

## **Challenging Thoughts**

“The double standard technique” involves talking to yourself as you would a very good friend (Burns, 2006). This can help change negative thinking patterns since we are often more fair, rational, and compassionate toward people we care about, than to ourselves.

## **Practicing Acceptance**

By seeing that your thoughts are not facts, and honoring your emotions without being hijacked by them, you can reduce suffering from anxiety. This can also enhance meaning and joy in your life.

*Whatever your approach, the first step is awareness of what is happening in the moment. This awareness is foundational to be able to question, challenge, or accept thoughts as “just thoughts,” and not facts.*

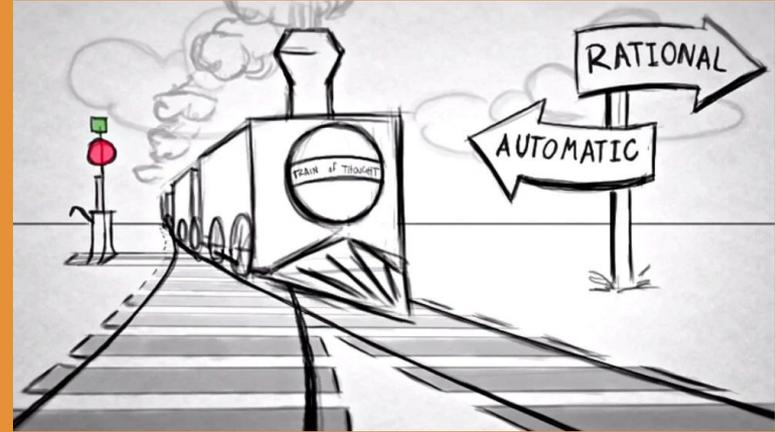
**What would happen if you talked to your friends just like you talk to yourself?**



**How do you talk to yourself differently than you talk to your friends?**



# What are Automatic Thoughts?



“Automatic thoughts” include the thoughts and images that automatically pop into our minds. We can’t control our automatic thoughts, but we can decide what to do with them. We can choose to accept negative automatic thoughts as “just thoughts” rather than facts, or challenge unhelpful thoughts with more fair and honest ones.

*What are some common automatic thoughts that you experience?*

*Do you plan to accept these thoughts as thoughts, challenge them, or a little of both?*

# Practicing Acceptance



Think of a recent time where you may have had an anxious and negative automatic thought. We can practice:

- 1) Noticing the thought without judgement
- 2) Recognizing that this thought, is simply a thought and nothing more
- 3) Moving forward with our day

# Leaves on the River Meditation



# **My Anxiety Meter**

# Additional Resources

- Counseling Groups throughout every week
- Virtual RAW events: eSports, Virtual 5K, Mindful Minutes Mondays 9:30am
- 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:
  - Deep Breathing
  - Challenging or Accepting your Thoughts
  - Meditation
- It is best to practice these when you are not anxious, so that you have the routines in place when you are feeling overwhelmed.



