Anxiety Toolbox

Presented by CSUEB Counseling Services
Week 5 - Anxiety and Me
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 & your favorite singer/music group
Intentions for today’s Group:

- Practice Leaves on a River Meditation
- Anxiety and Our Values
- Self-talk and Storytelling
- Butterfly Hug
My Anxiety Meter
Leaves on the River Meditation
Have you ever asked yourself, “What does my anxiety say about me that is good or amazing?” Probably not … BUT, recognizing ways your anxiety is related to strengths & values is a powerful step toward changing your relationship with anxiety. These could be our personal strengths, or from our culture.

Consider these examples:
- A person with obsessive thoughts and compulsive cleaning behaviors may have organizational strengths, attention to detail, and a value of discipline.
- A person with panic attacks and fear of dying may value and appreciate life, and prioritize health more than others who take time and health for granted.
Anxiety & Your Values - Reflection

“My anxiety about _______ shows my strength/value of _______."

“My strength/value of _______ will help me manage anxiety and change my relationship with it.”

Example **Strengths**: Compassion, humor, thoughtfulness, humility, honesty, fairness, passion for social justice, freedom, connection, empathy, perspective taking, analytical thinking, curiosity, spontaneity, planning, conscientiousness, reliability, trustworthiness...

Example **Values**: Family, the environment, relationships, community, religion, spirituality, education, empowerment, freedom, social justice, kindness, faith, mercy, preparation, independence, inter-dependence, integrity, courage, holistic wellness, equality for all, discipline, fairness...
Self-Talk & Storytelling

**Self-talk** - “Self-talk” includes all the ways we talk to ourselves internally. We are constantly narrating and “talking to ourselves” all day, which includes evaluating how things went.

**Storytelling** - Storytelling is a means of playing out upsetting scenarios, stories, and “videos” in your mind that will likely never occur. It helps to catch yourself when this is happening and label it as storytelling. Also, you can remind yourself “I’m having the image ___” or “I just imagined ___” when this happens to identify this isn’t helpful, and as a cue to proceed mindfully.
What patterns have you started to notice in your own self-talk? What changes do you hope to make with how you talk to yourself?
The story we tell ourselves
Butterfly Hug for Self-Soothing
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!
- Think about what skills you might want to practice from home this week:
  - Leaves on the River
  - Embracing your values
  - Self-Talk
  - Butterfly Hug
- Continue practicing breathing and mindfulness techniques if you have found these to be helpful!