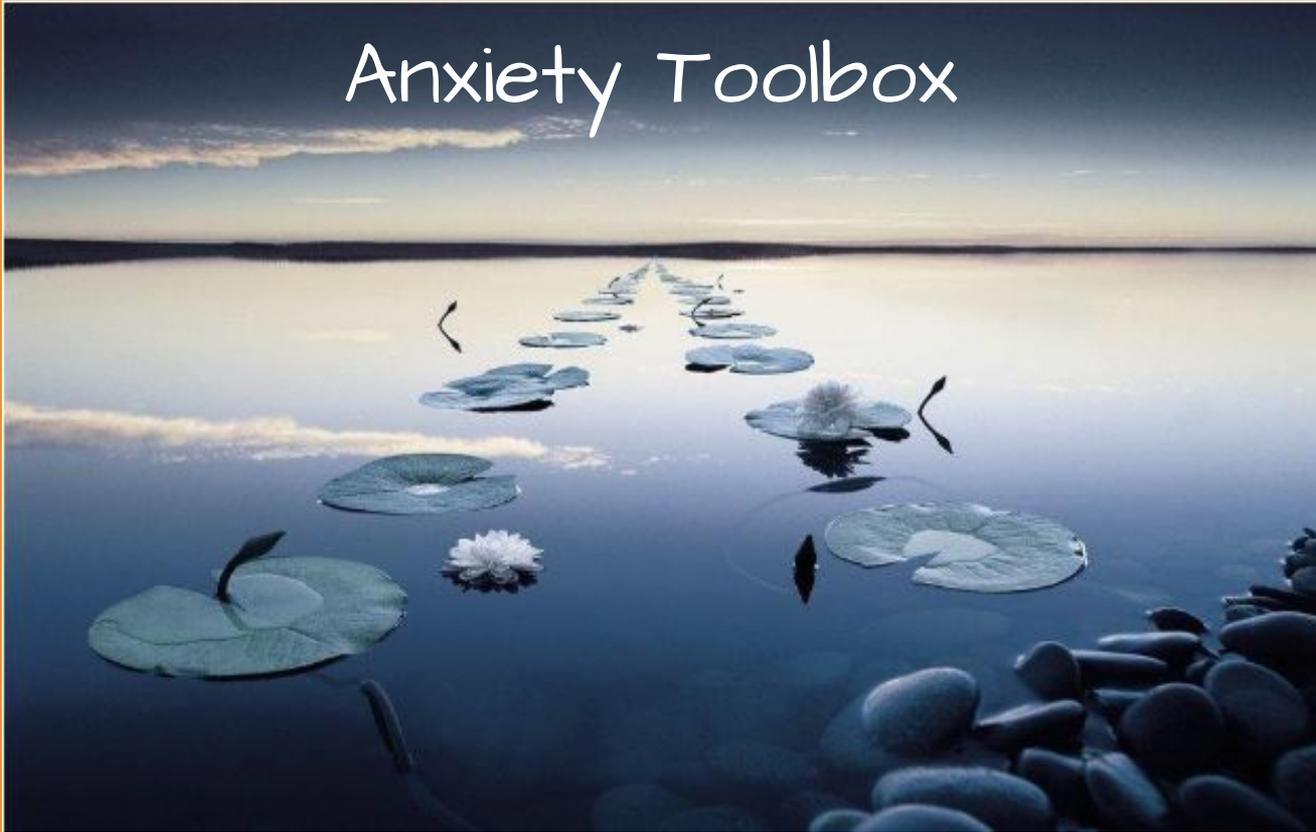


Anxiety Toolbox



**Presented by CSUEB Counseling Services
Week 9 -Emotions**



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 & favorite holiday



Intentions for today's Group:

- Mindfulness of Emotions Meditation
- Listening to our emotions
- Action Urges of Emotions
- Opposite Action
- Urge Surfing Anxiety

My Anxiety Meter

Mindfulness of Emotions Meditation



Listening to Emotions

Many of us grew up not learning to tune into or value our emotions. However, listening to emotions has several important benefits:

- Emotions communicate to us that something important is happening
- Emotions communicate to and influence others
- Emotions make life experiences more rich and meaningful
- Emotions motivate us to take important actions

Common Emotions and Action Urges

Emotion	Message of Emotion	Action Urge
Fear	There is a threat	Escape
Anxiety	A threat may be coming	Avoid
Sadness	There has been loss	Isolate
Happiness	There's been gain, meaning, connection	Approach Further
Anger	Goals or needs threatened	Approach/Attack
Guilt	Went against values or expectations	Avoid
Shame	Will be rejected by anyone who knows	Hide
Jealousy/Envy	Someone has, or took, what I deserve	Control
Love	This connection is healthy and valued	Approach

Adapted from Linehan, 2015

Evaluating Action Urges

We can consider two questions:

1. What does the emotion want me to do?
2. Is that effective?

For example:

- 1) *"I'm feeling nervous and overwhelmed. I have an urge to skip class."*
- 2) *"My fear of talking to classmates is understandable, but avoiding class is not effective. Even though these feelings are intense, I'm going to be brave and still go."*

Think of an example of a common emotion that you feel strongly. What is the urge that this emotion gives you? Is acting on that urge effective?



Opposite Action

When the action urge of the emotion is not justified or effective, “opposite action” is the practice of taking opposite steps of what the emotion is pulling you to do.

Examples:

- *When anxiety is telling you to avoid talking to classmates, opposite action would be intentionally taking steps to talk, interact, and get to know others in your class.*
- *When sadness is pulling you to isolate and stay in bed, opposite action could involve calling up friends, going on a walk, attending an event, or perhaps spending time in a coffee shop.*

How could you practice opposite action in your life right now?

(For example: approach, acceptance, gratitude, assertiveness, boundaries, etc.)

Urge Surfing Anxiety

“You can't stop the waves, but you can learn how to surf.” - Jon Kabat-Zinn

Urge surfing can be used with any urges you experience that don't serve you well (i.e. avoidance, procrastination, isolation).

Each urge has 3 stages:

- During the **ramp-up**, coping strategies can help keep the wave from growing as large.
- The **peak** of the urge is often reached within 20-30 minutes or sooner (10 min. or less for panic)
- The **fall-off** happens whether we give in to the urge or not.

Visualize urges rising and falling like waves.

Rather than trying to fight the wave, practice surfing the wave until it's lost its power.



Urge Surfing Meditation



Reflect on anything you observed in the process of riding these waves. Also, appreciate your efforts and experience, including if you fell off a few times yet got back up to surf again.

My Anxiety Meter

Additional Resources

- Counseling Groups throughout every week
- 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!
- Think about what skills you might want to practice from home this week:
 - Urge surfing practice
 - Opposite Action
 - Mindfulness
- Continue practicing breathing and mindfulness techniques if you have found these to be helpful!



