

CALM

(Calming Anxiety,
Living Mindfully)

Presented by CSUEB Counseling Services
Week 3 - **Mindfulness**



INTRODUCTIONS

Share your name, year @ CSUEB, major and something you're noticing or grateful for about your body today.



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



INTENTIONS FOR TODAY'S GROUP:

- Practice Square Breathing
- Mindfulness 101
- Daily Mindfulness Activities
- Mindfulness of Breath
Exercise

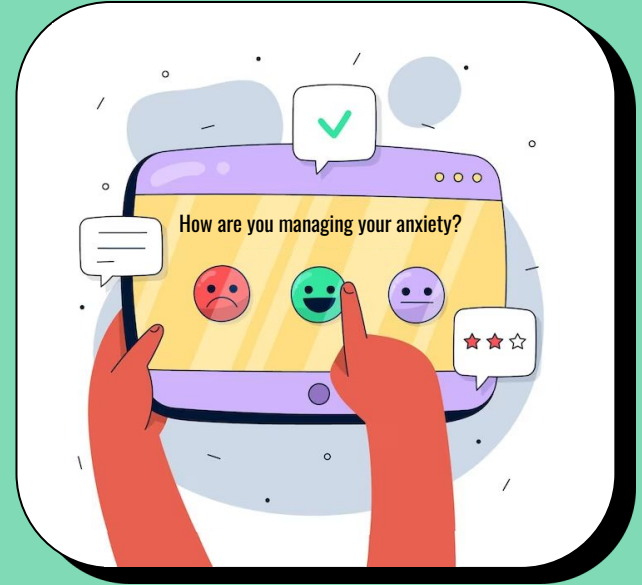
**“Did you set
your intentions
today?”**



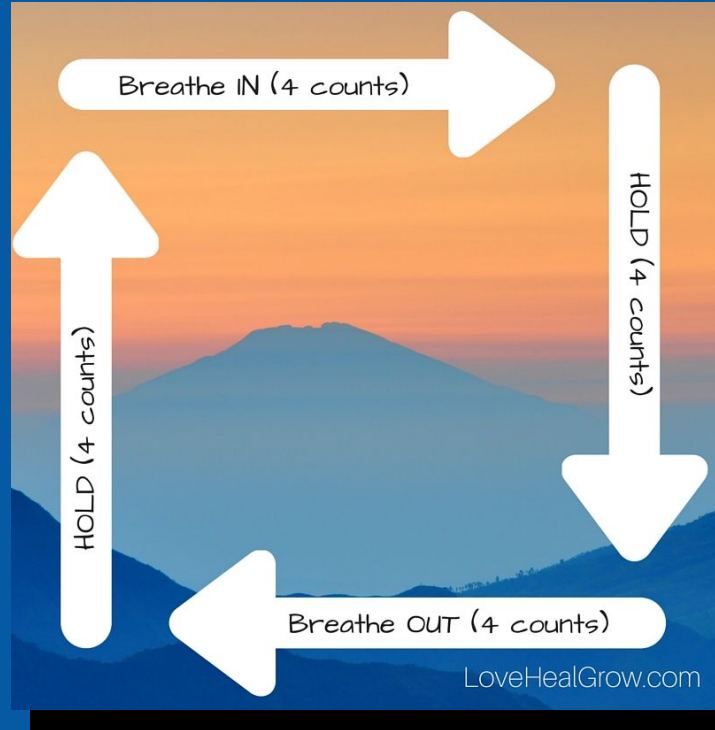
CHECK-IN

My Anxiety Meter

1. Alert and awake, concentrating well
2. Mildly anxious and distressed
3. Moderately anxious and distressed
4. Quite anxious and distressed
5. Extremely anxious and distressed



SQUARE BREATHING



Living Mindfully



Mindful? Or Mind Full?

One way to change your relationship with your anxiety, emotional pain, and the present moment is through something called “mindfulness.”

What is Mindfulness?

Mindfulness meditation has been defined by a leader in this field as:

“...paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally” -Jon Kabat-Zinn

Mindfulness involves honing a skill you already possess and practicing waking up to your life in this moment, over and over again. Mindfulness practice can help us increase awareness of patterns, habits, and ways of responding to anxiety that are limiting us.

Dan Harris, author of the book “10% Happier,” describes mindfulness as: *“The skill of knowing what’s happening in your head without getting carried away with it.”*

INFORMATION

What are the Benefits of Mindfulness?

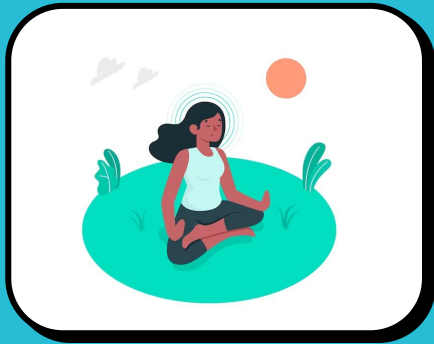


Mindfulness practice decreases:

Anxiety, re-occurrence of depression, risk of heart disease, stress level, substance use, chronic pain, and insomnia...just to name a few.

Mindfulness practice increases:

Quality of life, immune system functioning, attentional control, and relationship satisfaction.



TIPS TO PRACTICE MINDFULNESS

Choose to be present. Your mind will often wander. Practice returning to the present moment, over and over again.

Observe. Notice internal & external experiences: thoughts, emotions, urges, and all five of your senses. Notice where your attention goes when your mind wanders.

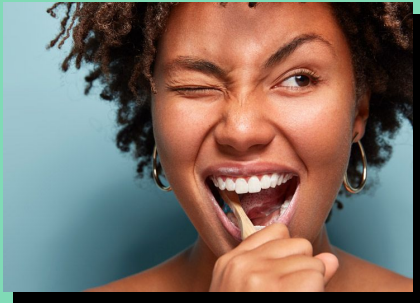
Describe nonjudgmentally. Describe with your senses rather than judging as “good” or “bad.” “This coffee is bad” vs. “This coffee is cold and bitter.” Identify your thoughts as just thoughts - **“I am having the thought ...”**

Participate. Participate by fully immersing yourself into the activities of the moment.

Practice this together. Notice the difference between being mindful and your typical mode of being.

WHEN WAS THE LAST TIME YOU FELT IN THE MOMENT?

Select a **Mindful Daily Activity** for this week: What is an activity that you might normally do on “autopilot”? What would it be like to do this activity mindfully?



A few ideas: walking, taking a shower, cooking, listening to music, washing the dishes, yoga...

ONE-MINUTE MINDFULNESS EXERCISES

- 1. Take 2 “mindful” bites of your food** - Instead of trying to eat everything mindfully, try to mindfully enjoy the first two bites of whatever you are eating (or first sips of something you drink).
- 2. Notice what one breathing cycle feels like** - Notice how it feels to breathe: fill your lungs with oxygen, pause before exhaling, and gradually release your out-breath with mindful awareness.
- 3. Give your brain a one-minute break** - You can do this by focusing in on your environment mindfully. Perhaps you can look out the window and notice the colors, shapes, movements, and sounds around you. Or, pick a cloud, tree, or animal to observe with curiosity and awareness.
- 4. Notice how the air, or wind, feels on your skin** - Just notice the sensations of air against your skin. Perhaps on your face or arms, focus on the pressures and temperatures, and other sensations.
- 5. Try mindfulness of music** - Focus completely on music. Perhaps listen to a song you don't know yet, or a song you know well and wish to experience in a new way. Avoid judging the sounds as good or bad.
- 6. Play the “3 things” game** - Try and notice 3 things that would normally go unnoticed. Engage whichever of your 5 senses can experience it.

MINDFULNESS OF BREATH EXERCISE



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ADDITIONAL RESOURCES

- **CBT apps:** Wysa, Calm, Headspace, Thought Diary, Stop Panic and Anxiety, MoodMission, Shine, Happify <https://www.anxiety.org/>
- **Counseling groups** throughout every week
- **Pioneers for HOPE** - support with food and housing
@pioneersforhope
- Follow us on **Instagram** - @eastbayshcs
- Downloadable **slides and group handouts**



TAKE CARE!



Thank you for joining us today!

- Think share about what skills you might want to practice from home this week:
 - **Square Breathing**
 - **Daily Mindfulness Activity**
 - **Mindfulness 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.
- See you next week!

