

CALM

(Calming Anxiety,
Living Mindfully)

Presented by CSUEB Counseling Services
Week 5 - **Anxiety and Me**



RELAX



INTRODUCTIONS

Share your name, year @ CSUEB, major
and your “theme song”



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:

- Butterfly Hug
- Anxiety and Our Values
- Self-talk and Storytelling
- Practice Leaves on a River
Meditation

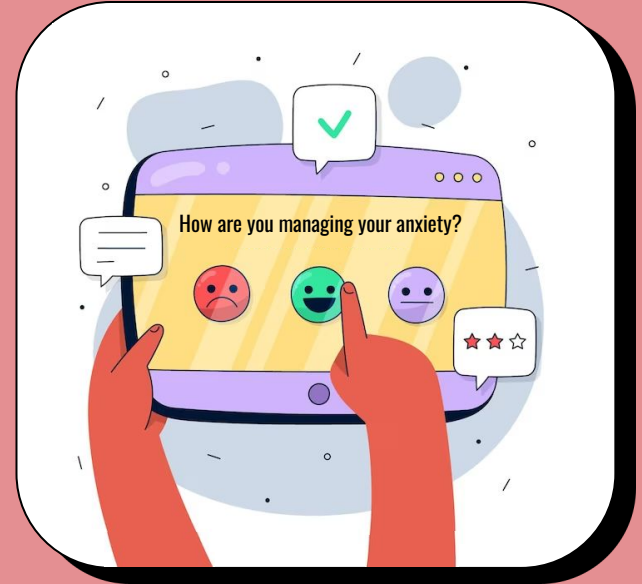
**“Did you set
your intentions
today?”**



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



BUTTERFLY HUG FOR SELF-SOOTHING





ANXIETY & YOUR VALUES

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.

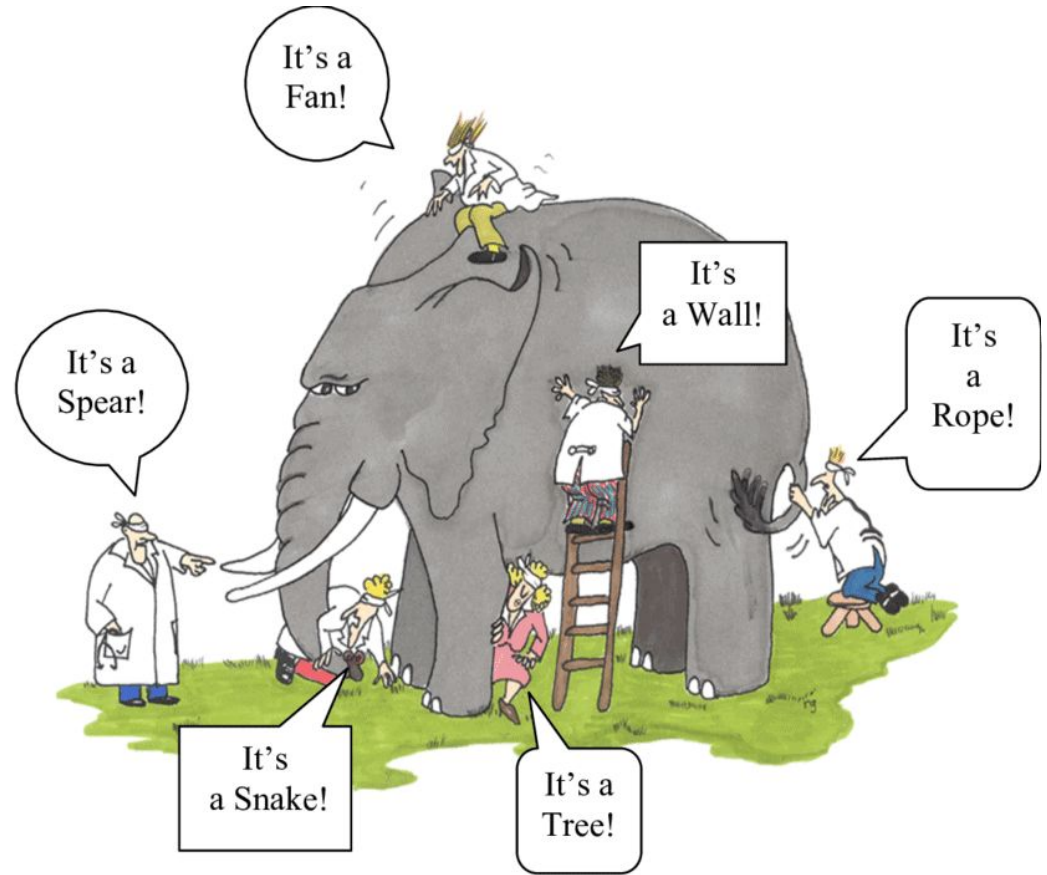
Storytelling - Storytelling is a means of playing out upsetting scenarios, stories, and “videos” in your mind that will likely never occur. It helps to catch yourself when this is happening and label it as storytelling. Also, you can remind yourself “I’m having the image ___” or “I just imagined ___” 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

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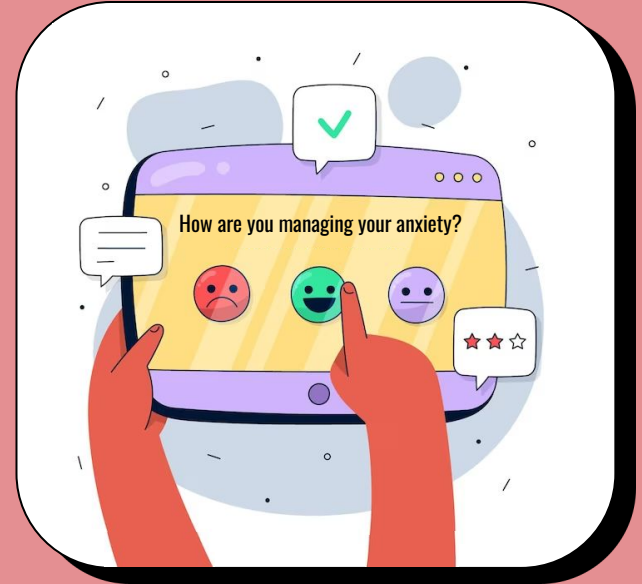
LEAVES ON THE RIVER MEDITATION



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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:
 - **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!

