

CALM

(Calming Anxiety,
Living Mindfully)

Presented by CSUEB Counseling Services
Week 7 - **Acceptance and Change**



INTRODUCTIONS

Share your name, year @ CSUEB, major and something that made you laugh this week



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:

- Breathing Space Meditation
- Dialectical Worldview
- Change, Acceptance and Anxiety
- Steps Towards Change
- Self-Acceptance Meditation

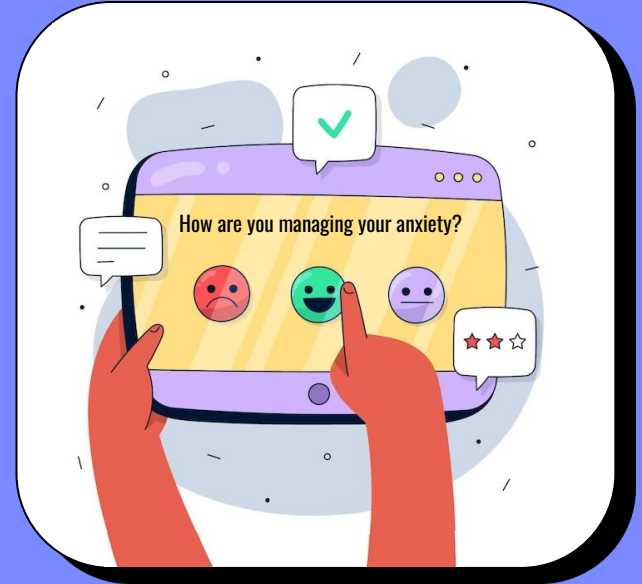
“Did you set
your intentions
today?”



CHECK-IN

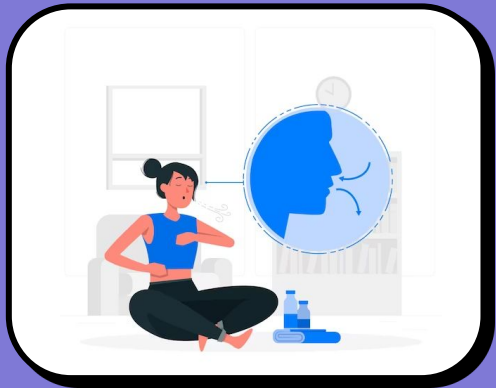
My Anxiety Meter

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



EXERCISE

Breathing Space Meditation



We will start with a three minute meditation practice.

Minute 1: Awareness - becoming mindful of this moment. Reflect on the question, “What is my experience right now... thoughts... feelings... sensations?”

Minute 2: Gathering - mindfully focusing in on your breathing. Your breath can anchor you back to the present to find awareness and stillness.

Minute 3: Expanding - expanding focus to your whole body. Include your posture, facial expressions, every body part.

DIALECTICAL WORLDVIEW



The term “dialectic” refers to comparing, or balancing, 2 things that seem contradictory.

Acceptance & Change are commonly discussed dialectics. Another example is Love & Hate. We can hold feelings of love and hatred for the same person, as often occurs with difficult family members.

Instead of trying to see the world through a lens of “this OR that,” it’s important to be able to hold both at the same time. Try using the word “and” more often to describe your experience. For example, “I feel anxious AND courageous.”

A dialectical perspective also helps us avoid a pattern of all-or-nothing thinking

What is a dialectic you are currently experiencing in your life?

INFORMATION

Change and Acceptance

“The curious paradox is that when I accept myself just as I am, then I can change.”

~ Carl Rogers

We often see acceptance and change as dialectical opposites - we can either **accept** the current reality, OR work to **change** it.

Instead, try to see both as possible at the same time.

We can be honest with our real experience, accepting ourselves as people with worth and value exactly as we are (anxiety and all!), AND also work to learn, grow, and change.



ACCEPTANCE & ANXIETY

What is the best way to get out of quicksand? Is it struggling and fighting really hard?

No! If you fall into quicksand, struggling and fighting only makes you sink deeper.

This is much like refusing to accept anxiety. The more we fight acknowledging or accepting our anxiety, the worse it tends to get.

Instead, if we accept that we are in a stressful or scary reality, we can respond in the most effective way.

STEPS TOWARD CHANGE

Please take a moment to consider accepting some area of your life that is affected by anxiety.

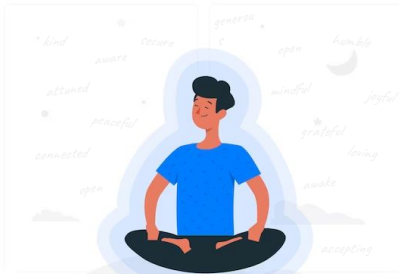
Then, consider steps you could choose to take toward change.

“I accept that anxiety affects me by _____.”

“I could move toward change by _____.”

Sharing these possible intentions helps to make them more real, and sometimes holds us accountable to trying. If you're not able to share them here today, consider talking to a friend about them later on.

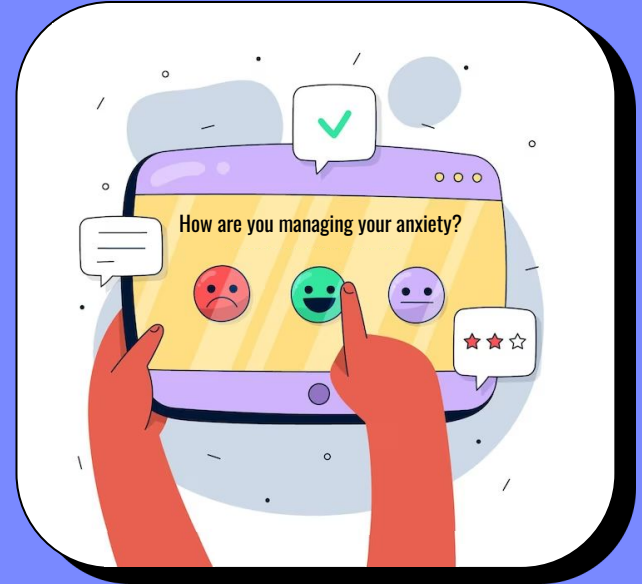
MEDITATION FOR ANXIETY & SELF-ACCEPTANCE



CHECK-IN

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ADDITIONAL RESOURCES

- **CBT apps:** Wysa, Calm, Headspace, Thought Diary, Stop Panic and Anxiety, MoodMission, Shine, Happify, Quit That!
<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!

You
Can
Do it



Thank you for joining us today!

- Think share about what skills you might want to practice from home this week:
 - **Breathing Space Meditation**
 - **Working on your “Steps Toward Change”**
 - **Self Acceptance Meditation**
- Continue practicing breathing and mindfulness techniques if you have found these to be helpful!
- See you next week!

