

CALM

(Calming Anxiety,
Living Mindfully)

Presented by CSUEB Counseling Services
Week 8 - **Radical Acceptance**



INTRODUCTIONS

Share your name, year @ CSUEB, major and something you look forward to about break



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:

- Deep Breathing
- Pain vs. Suffering
- Radical Acceptance
- Mindfulness of your suffering
- Willing Hands

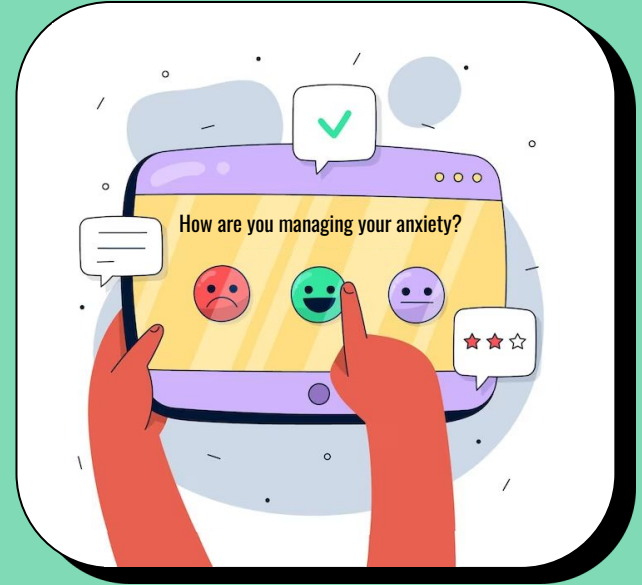
**“Did you set
your intentions
today?”**



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



Benefits of deep breathing

1 70% of toxins are released simply by breathing properly. If you aren't breathing properly, the toxins do not get released.

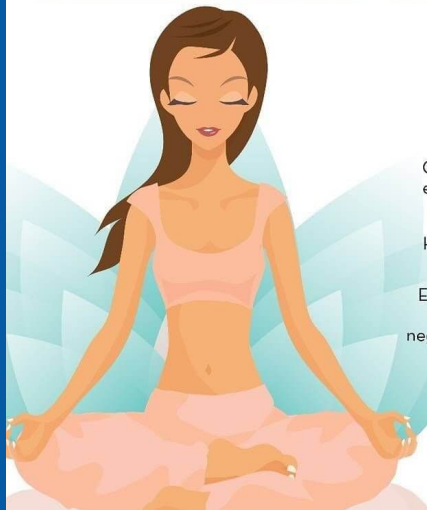
2 Releases tension. When you are afraid, stressed or nervous, your breathing pattern changes. Breathe slowly, purposefully and deeply to feel relaxed.

3 Relieves emotional distress. Clear out negative or confused feelings with a deep breath.

4 Eases your pain. Breathe in deeply, hold your breath and then visualize that pain leaving your body as you breathe out.

5 Improves your blood. Deep breathing releases carbon dioxide and increases oxygen supply, improving blood quality.

6 Elevates your mood. Breathing increases pleasure-inducing chemicals in your body.



HOW?

Count to 5. Inhale through your nose, expand your belly and feel your body being filled with healing energy.

Hold and count to 3. Feel the healing energy cycle through your body.

Exhale completely with a slightly open mouth, envision the toxins and negativities leaving your body count to 5.

Repeat until you are completely relaxed.

DEEP BREATHING

PAIN VS. SUFFERING

Pain is the pure physical or emotional response directly related to being hurt.

In contrast, Dr. Marsha Linehan has described **suffering** as, “pain without acceptance.” Or, in the words of writer Haruki Murakami, “Pain is inevitable. Suffering is optional.”

Examples of adding suffering to your pain:

- *After falling and hurting your knee, telling yourself, “I’m an idiot!”*
- *After a break-up, deciding “It’s all my fault. No one will ever stay with me.”*
- *After your bike is stolen, repeatedly thinking “Why do bad things always happen to me?”*

Please share a time when suffering played a role in your anxiety.

RADICAL ACCEPTANCE

Radical Acceptance means you acknowledge the facts and see what is happening, despite wishing things were different. Then, you are able to decide on the most effective response.

- Your pain is real and deserves to be acknowledged.
- Life can be meaningful and beautiful, even with tremendous pain.
- Acceptance allows us to see options we couldn't see before.
- Change is always possible in some way (at the very least, we can decide how we cope with the pain).

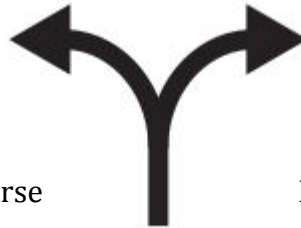
We can make the choice to struggle against hard realities, or to turn our minds and accept reality - sometimes over and over again.

TURNING THE MIND - WILLFULNESS VS. WILLINGNESS

Turning the Mind is when we realize we are at a fork in the road. We see that we can either go down the path of rejecting reality, or make a difficult turn toward acceptance.

Willfulness

Stubbornness
Pain & Suffering
Ineffective or makes worse



Willingness

Flexibility
Pain yet less suffering
Effective steps & coping

Willfulness is the desire to fight a difficult reality. This turns pain into suffering.

Willingness requires turning your mind toward acceptance, over and over again.



MINDFULNESS OF SUFFERING

- Try to catch yourself this week whenever you notice yourself turning pain into suffering. Through mindfulness of your suffering, you'll start finding important patterns and themes.
- This week, when you notice your mind going down these similar paths, try saying to yourself, "Suffering," and then reconnecting with the present moment around you. This will help you realize you don't have to replay the same old thoughts, images, memories, and stories that lead back to suffering. Then, you can choose to reconnect with the present through mindfulness.
- You can practice jumping right back into the present by reminding yourself, "I'm back," once you realize you were drifting into a place of suffering.

WILLING HANDS

“Willing Hands” is a technique to try when struggling to accept something. It uses body language to communicate willingness and acceptance to our mind.

Please take a moment to consider something you are having trouble accepting. It may be best to not pick the most difficult thing right at first.

1. Rest your hands on your thighs, with palms turned upward, and fingers relaxed. If standing, simply keep arms by your side with palms facing in front of you. If lying down, keep your arms by your side with open palms facing upward.
2. Now, remind yourself, “I choose to accept _____.”



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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**



SPRING COUNSELING GROUPS

- **Think Less, Vibe More** - Practice coping skills to make healthy changes in your life (**Zoom**)
- **Rising Strong: Overcoming Trauma** - Practice coping skills related to healing from trauma (**Zoom**)
- **CALM** - Skills to manage anxiety (**Zoom**)
- **The Struggle is Real** - Skills to manage depression (**Zoom**)
- **I (Heart) Healthy Relationships** - Discussing topics such as communication, boundaries, and conflict resolution (**In person**)
- **WEvolve** - Interpersonal process groups focusing on personal and relational growth. One will focus on family of origin. (**In person**)

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:
 - **Deep Breathing**
 - **Radical Acceptance**
 - **Mindfulness of suffering/Willing Hands**
- It is best to practice these when you are not anxious, so that you have the routines in place when you are feeling overwhelmed.

