

# Getting Unstuck



**Presented by CSUEB Counseling Services  
Week 3 - Depression Busting Behaviors**

# Tree Grounding Meditation



# A Few Zoom Guidelines

- Please mute your audio while others are talking 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
- Step forward, step back
- Ask others before giving them feedback
- Assume positive intent from others
- Take responsibility for your needs

# Introductions:

Share your name, pronouns, year @ CSUEB, major &  
Identify 1 thing you are did for self care this week



# Self Care Checklist

Do I...

- 1) Get at least 7-8 hours of sleep daily? \_\_\_
- 2) Find time for relaxation? \_\_\_
- 3) Reach out for support when needed? \_\_\_
- 4) Make time to connect with others? \_\_\_
- 5) Do I meditate or practice deep breathing when feeling anxious, angry, or stressed?
- 6) Nourish my body with three meals/day? \_\_\_
- 7) Drink enough water? \_\_\_
- 8) Take time to acknowledge my feelings? \_\_\_
- 9) Take time for gratitude? \_\_\_
- 10) Take productive breaks while I am studying? \_\_\_



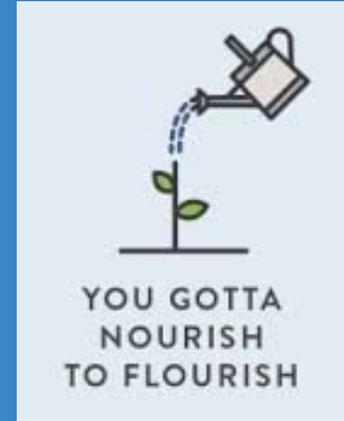
# Basic Self Care

One way we can make ourselves less vulnerable to extreme moods is by making sure we have solid routines of basic self-care.

While self-care can look different from person to person, there are some things that we recommend for everyone: attending to your own nutritional needs, good sleep, and physical activity. These are the foundation of basic physical and mental health.

When experiencing depression, many people notice changes to their appetites. Research shows that individuals experiencing depression often have deficiencies in vitamins and minerals that are linked to mood. We recommend that individuals experiencing depression focus on staying hydrated, eating meals regularly, and work towards a balanced diet. You can ask a medical doctor or work with a Registered Dietician for personal tips on managing your nutrition.

Any helpful tips that you use?



# Sleep & Exercise

Research shows that you need 7-8 hours of sleep consistently in order to be well-rested and perform optimally. While we sleep, our brain is hard at work forming pathways for learning and consolidating information we've taken in that day. Sleep also helps regulate our mood and weight.



Although many college students may forgo sleep in order to finish a project or study for an exam, sleep deprivation will impact your mood, your energy, your grades, your ability to focus, and your ability to concentrate in class and on homework.

In addition to good sleep, research has shown that exercise is important to combating symptoms of depression. In the short term, exercise releases endorphins, which are powerful chemicals in your brain that can improve mood, energy levels, and concentration. Over time, consistent exercise promotes long-term changes in the brain, resulting in improved memory, coping, cognitive functioning, mood, and self-esteem.



# Sleep & Exercise Tips



## Sleep:

- Get regular.
- Get up and try again.
- Bed is for sleeping.
- Electronics curfew.
- No naps.
- Sleep rituals.
- No clock-watching.
- The right space.
- Keep daytime routine the same.
- Avoid caffeine, nicotine and alcohol..

*Which tip will  
you try this  
week?*

## Exercise:

- Find an enjoyable activity.
- Start small.
- Get outside.
- Schedule it in.
- Mix it up.
- Team up.
- Minimize equipment.
- Follow your energy.
- Set goals.

# Self Care Plan- [link](#)

## \_\_\_\_\_ 's Self-Care Plan!

**MIND**

**BODY**

**SUPPORTIVE PEOPLE IN MY LIFE**

**I WANT TO ACCOMPLISH**

**SPIRIT**



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# Unhelpful Behaviors for Depression

- Get up at different times every morning
- Go to bed at different times every night
- Miss class
- Don't do a homework assignment
- Wait until the last minute to get something done
- Stop washing your hair
- Stop brushing your teeth
- Skip a test
- Stop going to team or club meeting
- Ignore or decline invites to hang out
- Skip a meal
- Overeat, or eat lots of junk food
- Binge drink
- Smoke cigarettes
- Stop talking to or avoid your friends
- Stop talking to or avoid your family
- Don't seek help when you are struggling
- Stay inside all the time
- Play video games for hours
- Constantly monitor social media
- Stay in your bed
- Stay in your room
- Stop talking to your roommate
- Stop completing tasks
- Stop going to work
- Stop exercising
- Watch a lot of television shows and movies
- Only eat one meal a day
- Argue with other people
- Stop doing your hobbies
- Only focus on the negative
- Complain a lot
- Use recreational drugs or alcohol
- Sleep all day

***Which of these stand out to you? How have these impacted your own depression?***

# Depression Busting Behaviors

Here are a few more ideas of activities that can start to break the cycle of depression. These do not have to be huge commitments; focus on small, baby steps. Choose activities that are doable for you when you are feeling down. The more success you have in doing the little things, the more likely you will be motivated to try more things.

## Socialize

- Watch a movie with a friend
- Attend a sporting event
- Study in a public area, such as the library or a park
- Attend a Mindful Minutes session or counseling group
- Plan a meal with friends or family
- Take an online fitness class

## Pleasant Activities

- Take a walk outside
- Play with a pet
- Fix or tinker with something
- Do something creative - write a poem, play music, draw, paint . . .
- Read for fun
- Listen to music

## Mastery Activities

- Do laundry
- Return a phone call
- Write that email to your professor
- Read a chapter or page of your assignment
- Take out the trash

# Additional Resources

- CBT apps: CBT Thought Diary, MindDoc: Your Companion, What's Up, MoodTools
- Counseling Groups throughout every week
- Virtual RAW events, especially Mindful Minutes
- 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:
  - Practice your Sleep or Exercise Tip
  - Check in with yourself on your self care practices regularly
  - Fill out your self care plan

We hope to see you again next week!



