

# Getting Unstuck



**Presented by CSUEB Counseling Services  
Week 6 - Mindfulness**

# Introductions:

Share your name, pronouns, year @ CSUEB, major &  
When was the last time you were mindful?

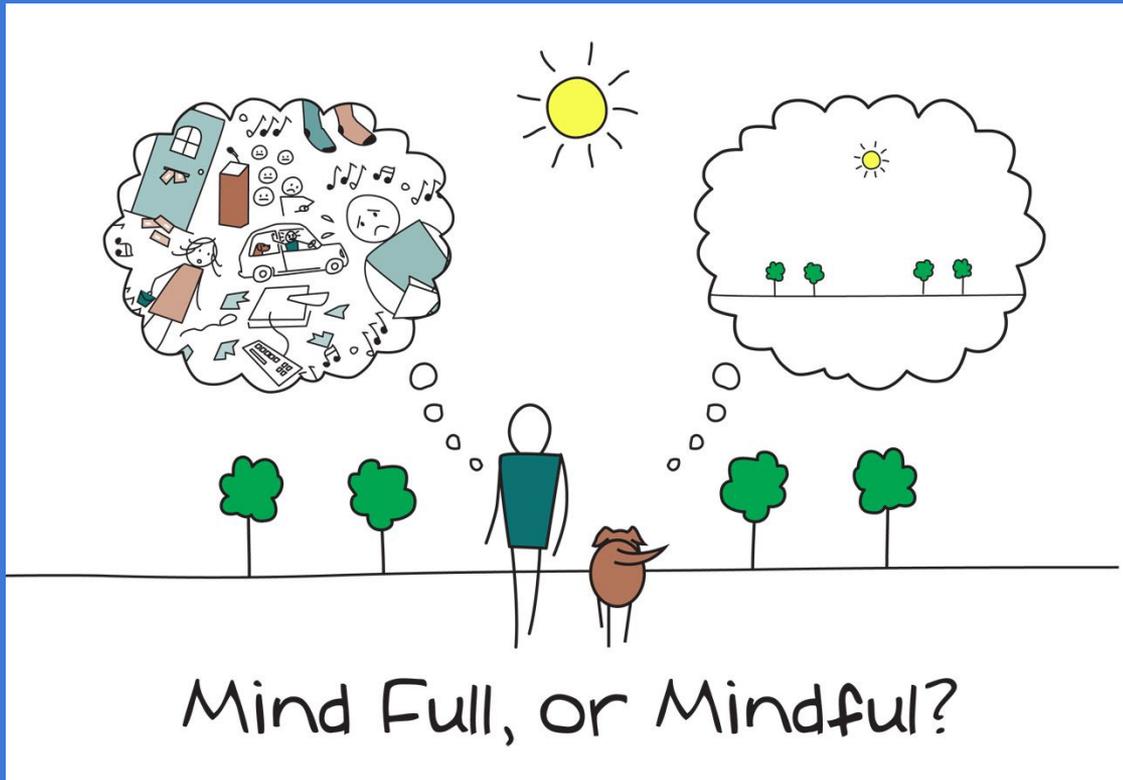


# A Few Zoom Guidelines

- 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



One way to change your relationship with your depression and emotional pain is through mindfulness - intentionally paying attention to the present moment, without judgement.

# 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.” For example, “This coffee is cold and bitter,” versus, “This coffee is bad.” Identify your thoughts as just thoughts - “I am having the thought . . .”

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

**Choose one to try right now.**

Remember

RAIN



**RECOGNIZE**  
what is happening

**ALLOW**  
life to be just as it is

**INVESTIGATE**  
with a gentle, curious attention

**NURTURE**  
with loving presence

#RADICALCOMPASSION

# 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 depression.***

# 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 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.



# Mindfulness of Suffering

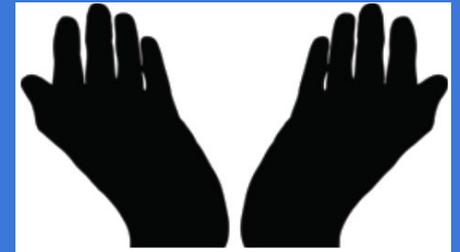
- Try to catch yourself this week whenever you notice yourself turning pain into suffering. Through mindfulness of your suffering, you'll start finding important patterns and themes.
- This week, when you notice your mind going down these similar paths, try saying to yourself, "Suffering," and then reconnecting 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 \_\_\_\_\_.”



# 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:
  - Experimenting with mindfulness and radical acceptance
  - Willing Hands exercise

We hope you join us again next week!



