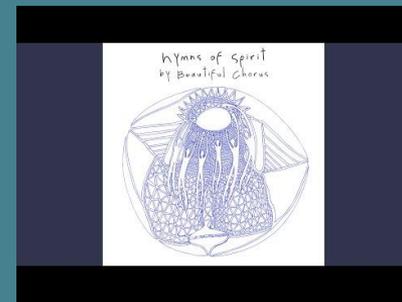


Getting Unstuck



**Presented by CSUEB Counseling Services
Week 7 - Mindfulness + Self-Compassion**

Introductions:

Share your name, pronouns, year @ CSUEB, major & 1 thing you notice about your body that you appreciate



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

Agenda for today's group

- Leaves on the River/Practice and review mindfulness
- What is self-compassion?
- Components of self-compassion



Leaves on the River Meditation



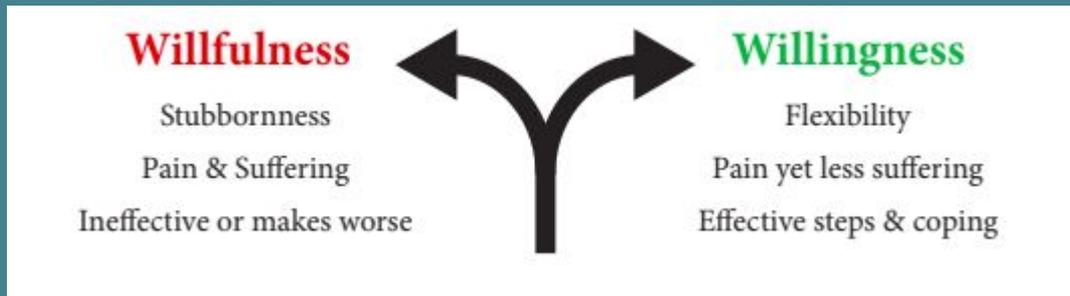
Mindfulness of Suffering: review

- Did you try to catch yourself this week whenever you noticed 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.



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

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

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



Self-Compassion

“Having compassion for oneself is really no different than having compassion for others. First, to have compassion for others you must **notice that they are suffering**. If you ignore a suffering person, you can’t feel compassion for how difficult his or her experience is.

Second, compassion involves **feeling moved by others’ suffering** so that your heart responds to their pain (the word compassion literally means to “suffer with”). When this occurs, you feel warmth, caring, and the desire to help the suffering person in some way. Having compassion also means that you offer understanding and kindness when they fail or make mistakes, rather than judging them harshly.

Finally, when you feel compassion for another, it means that you realize that suffering, failure, and imperfection is **part of the shared human experience**. “There but for fortune go I.”

- Dr. Kristen Neff, *Self Compassion: The Proven Power of Being Kind to Yourself*

How do you talk different to your friends than you talk to yourself?



How would it feel to show yourself the same compassion that you show to your loved ones?

Say one compassionate thing to yourself. Utilize your love language to show compassion to yourself.



Share in the chat

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:
 - Leaves on the river
 - Practicing mindfulness of suffering
 - Catch harsh self-talk, and practicing self-compassion





Safe Person Visualization

