Getting Unstuck

Presented by CSUEB Counseling Services
Week 9 - Externalizing Your Depression
Introductions:
Share your name, pronouns, year @ CSUEB, major &
Name 1 thing you do to uplift yourself
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

- Externalizing depression
- Lightstream Technique
Externalizing Depression

Often when we have felt depressed for a long time, it starts to feel like depression is a critical part of our identity. This is one of the tricks that depression plays on us - making us think that we are our depression, and that there is no hope for ever feeling differently.

Instead of letting us become one with our depression, it can be helpful to remember that depression is just a visitor - we don’t have to let it stay forever. It can be separate from who we are.
The “Black Dog”

https://www.youtube.com/watch?v=XiCrniLQGYc
Your Depression

If you imagine your depression as something outside of yourself, what would it look like?

- Think about your depression’s size, color, texture.
- Is it an object, or a creature?
- What name would you give it?

Share your image.
Lightstream Technique
Using Humor in Coping

Use Humor as a Coping Technique

Imagine your inner critic as a cartoon or fictional character from a movie or TV show (eg. Mickey Mouse, etc). Choose a character whose voice you think is silly, or ridiculous, and who acts incompetently. Imagine and visualize who you choose as the source of your inner critic voice. It is much easier to dismiss an inner critic with these characteristics.

Let’s try it together. Imagine a critical or negative voice about yourself you have often. Now imagine the voice having the cartoon voice you chose. How do you feel?
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:
  - Externalizing depression as something outside of yourself
  - Lightstream Technique