Getting Unstuck

Presented by CSUEB Counseling Services
Week 13 - Misc. Skills
Introductions:
Share your name, pronouns, year @ CSUEB, major &
What relationship are you grateful for today?
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

- STOPP technique
- Butterfly hug intervention
- Words for self commitment
- Journaling prompts
STOPP Technique

S – *Stop!*  Just pause for a moment.

*T – Take a Breath*  Notice your breathing as you breathe in and out.

*O – Observe*  What thoughts are going through your mind right now?  Where is your focus of attention?  What are you reacting to?  What sensations do you notice in your body?

*P – Pull Back – Put in Some Perspective.*  What’s the bigger picture?  Take the helicopter view;  What is another way of looking at this situation?  What would a trusted friend say to me right now?  Is this thought a fact or an opinion?  What is a more reasonable explanation?  How important is this?  How important will it be in 6 months’ time?

*P – Practice What Works – Proceed*  What is the best thing to do right now?  For me?  For others?  For the situation?  What can I do that fits with my values?  Do what will be effective and appropriate (Vivyan, 2015).
Butterfly Hug for Self-Soothing

“I Am” Affirmations

I am worthy.
I am loved.
I am supported.
I am enough.
I am abundant.
I am protected.
I am strong.
I am powerful.
I am fearless.
I am brave.
I am safe.
I am lovable.
I am wanted.
I am beautiful.
I am radiant.
I am joyful.
I am compassionate.
I am patient.
I am cherished.
I am adored.
I am healthy.
I am resilient.
I am kind.
I am treasured.
I am talented.
I am creative.
I am intelligent.
I am fun.
I am loving.
I am confident.
I am grateful.
I am free.
I am peaceful.
I am grounded.
I am whole.
I am unstoppable.

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Words for Self-Commitment

How could your Life Be Improved by Tending to the Following Words? Which one stands out to you?

- Dignity
- Knowledge
- Body
- Respect
- Attention
- Safety
- Love
- Physical
- Effort
- Self-Care
Journaling prompts

● What qualities do you love the most about yourself and why?
● Identify people in your life that make you feel relaxed? What do they do that makes you feel this way?
● What has your mental health journey taught you about yourself?
● Make a list of things you want to remember as encouragement during difficult times.
● Write about the last time you smiled/laughed. Describe.
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
Check Out

Think about what skills you might want to practice from home this week:

- Butterfly hugs
- Journaling
- STOPP technique