



HEALTHY
RELATIONSHIPS

Presented by Student Health & Counseling Services
Week 14: Healthy Self-Care



Let's Stretch . . .



A Few Group Guidelines

- Please mute your audio and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality, and Zoom limitations
- Sharing (Headlines not details)
- Chat privately for specific needs

Community Ground Rules

- Vegas Rule - What is shared or said in the group, stays in the group
- Be respectful of others and what they are sharing in group
- Don't assume someone wants feedback or advice on what they share, ask before you offer that input
- Trigger Warnings

Introductions:

Share your name, year @ CSUEB, major & Best Study Tip?



Intentions for today's Group:

- Check-in: Thanksgiving Break
- Review: Emotional safety plan
- Holiday Self-Care

CHECK IN:

***How did you manage Thanksgiving
Break and any holiday stressors?***



Review: Emotional Safety Plan

Identify Your Warning Signs

- What situations tend to make you feel overwhelmed? (being around specific people, certain social situations or being in certain settings)
- When you are starting to feel overwhelmed or in crisis, what does it feel like? (this can include feelings in your body, thoughts you tend to have, behaviors you notice, etc.)

Build Your Tool Box

- **Coping Strategies** (what strategies could you use in the moment?)
- **Self Care** (what makes you feel nourished and valued?)
- **Supportive Options** (loved ones, professionals, or hotlines)

Name Your plan

When I notice (warning signs or situational trigger):

I will cope in the moment by trying (coping strategy #1):

If that doesn't work, I will try (Coping strategy #2):

If I need additional support, I will contact (support option #1):

and if they aren't available to support me, I will contact (support option #2):

After using my plan, I will take care of myself by (self care):



How can we prepare ourselves for the upcoming December holidays?

What helped us during Thanksgiving?

What can we do differently?



ROLE PLAYS (Continued)



Scenario 3: *You planned to meet up with your friend to have a nice meal at a restaurant. You get there, but she's late – again. Every time you make plans, she seems to leave you waiting while she shows up 20-30 minutes after the scheduled meeting time.*

How can we assert ourselves in this situation?

How do we apologize if we are consistently late or making our friend feel neglected?

Scenario 4: *Your partner is having a really hard day. They received some upsetting news from their boss and they are feeling irritable. You come home from work and they immediately begin to pick a fight with you. They raise their voice and accuse you of being rude and always being on your phone.*

How can we assert ourselves in this situation?

How do we apologize if we are taking out our anger/irritability on on loved one?

Take Care and Stay Safe!

- Thank you for joining us today!
- Check-Out Reflection:
 - What is one thing you are taking from the group this week?
- Please use the same link to return next week



