Self Care Moment

Presented by CSUEB Counseling Services
“Brain Dumping”
SELF CARE:
Attitudes and actions that contribute to happiness, balance, and well-being.
Agenda for Today

- Group Guidelines
- Grounding Activity
- Self-Care Tool
- Closing Question
- Resources

Suggested Materials:
- Handout
- Sheet of paper
- Pencil or pen
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.
Grounding Activity
Today’s Tool: Brain Dumping

- Great tool to utilize for externalization.
- The act of putting all of your current thoughts onto a piece of paper.
- Helps organize your thoughts and release worries by placing them somewhere else.
- Your brain can feel relieved you are acknowledging the problems.
- Journal apps, eg: Five Minute Journal, Day One, Daylio, Grid Diary
- Alternatively, you can journal with these prompts:
  - Write a message for yourself on bad days
  - List and describe your emotions (see sheet)
  - Describe the best compliment you’ve ever gotten
Closing Question

- When would it be helpful for you to utilize this tool?
- Feedback; Experience?
Additional Resources

- Counseling Groups throughout every week
- Virtual RAW events: Mindful minutes now three times a week!
- Pioneers for HOPE - support with food and housing
- Follow us on Instagram - @eastbayshcs
Thank you for joining us!

Resources:
Check out the Wellness Resource Tab on the CSUEB Student Health and Counseling Services Web Page!

For an Appointment:
Call (510) 885-3735 or https://health.csueastbay.edu