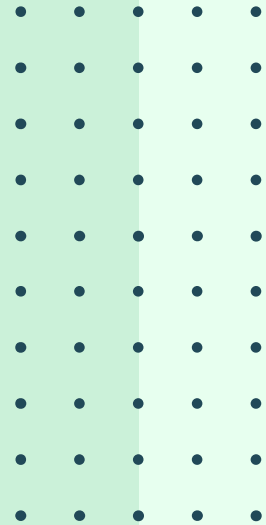


# Think Less, Vibe More

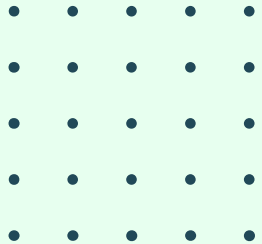
## Week 1: Welcome & Grounding



Presented by *Student Health and Counseling Services*



## Safe Place Visualization



# Zoom Guidelines

**01.**

Please mute your audio while others are talking and type any questions into the chat box

**03.**

Confidentiality & Zoom limitations

**02.**

Your video can be off or on, whatever makes you most comfortable

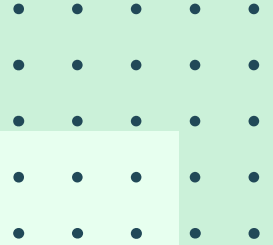
**04.**

Any other suggestions?

# Community Agreements

1. Push yourself to participate
2. Focus on your own experience
3. Share headlines, not details
4. Step forward, step back
5. Ask others before giving them feedback
6. Assume positive intent from others
7. Take responsibility for your needs
8. Other suggestions?

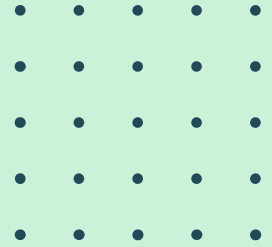
# Weekly Check In



Name, preferred pronouns, major, fun fact. How are you (*weather analogy*)? |  
What safe coping skill did you use this week (some eg)?

- ✓ Ask for Help
- ✓ Cry
- ✓ Choose self respect
- ✓ Take good care of your body
- ✓ Compassion
- ✓ Create a new story
- ✓ Structure your day
- ✓ Trust the process
- ✓ Reframe setbacks
- ✓ Focus on now/ your goals

# Safe Coping Skill Examples

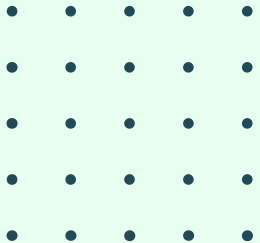


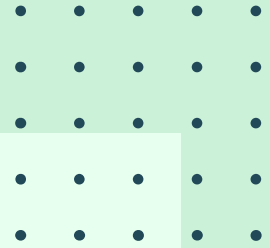
1. **Ask for Help** - *reach out to someone safe*
2. **Cry** - *let yourself cry, it will not last forever*
3. **Choose self respect** - *choose whatever will make you like yourself tomorrow*
4. **Take good care of your body** - *eat right, exercise, sleep, safe sex*
5. **Compassion** - *listen and talk to yourself with respect and care*
6. **Create a new story** - *You are the author of your life: be the hero who overcomes adversity*
7. **Structure your day** - *a productive schedule keeps you on track & connected with the world/yourself*
8. **Trust the process** - *Accept this moment as if you had chosen it; the only way out is through*
9. **Reframe setbacks** - *Remind yourself that setbacks are not failures*
10. **Focus on now/ your goals** - *Do what you can to make today better, don't get overwhelmed by the past or future*

## Quote of the Day

“Although the world is full of suffering, it is full also of the overcoming of it.”

**-Helen Keller** *(20th C. American Writer)*



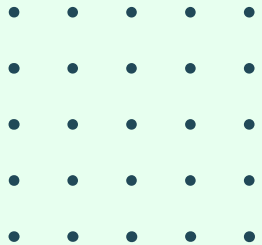


# What does it mean to Vibe More?

- Using conscious thoughts & behaviors to deal with internal and external triggers
- Using tools and techniques to help you feel safe, handling difficult emotions, decrease stress, and establishing or maintaining a sense of internal order
- Involves adjusting to or tolerating negative realities and events while trying to keep a positive self-image and emotional equilibrium

**01.**

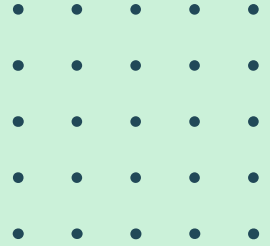
# Grounding



What is it & what is the purpose



# What is it?



## *Grounding is:*

- *a self-soothing skill to use when you are dealing with a lot of stress, overwhelming feelings, and/or intense anxiety*
- *a technique that helps reorient you to the present and to reality*
- *emotional regulation & distress tolerance*

Many people struggle with feeling either too much (overwhelming emotions and memories) or too little (numbing and dissociation). In grounding, you attain a balance between the two: conscious of reality, and able to tolerate it.

***Remember that pain is a feeling; it is not who you are.***

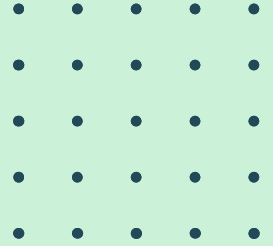
# 02. Grounding

What does it look like

## Examples



# Mental Grounding



Describe your environment  
in detail



Play a "categories" game  
with yourself



Think of the words to an  
inspiring song, quote,  
poem



Remember a safe place

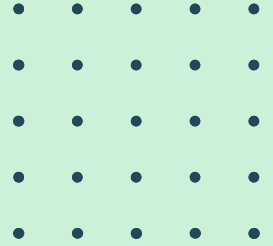


Read something, saying  
each word to yourself



Count to 10 or say the  
alphabet, very slowly

# Physical Grounding



Run cool or warm water  
over your hands



Grab tightly onto your  
chair as hard as you can



Touch various objects/  
textures around you



Dig your heels into the floor



Jump up and down

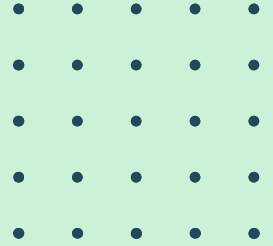


Clench and release your  
fists



Stretch, yoga, walking

# Soothing Grounding



Recite a safety affirmation  
or mantra



Picture people you care  
about



Watch soothing videos or  
shows/movies



Take a shower or bath



Plan a safe treat for  
yourself



Think of favorites - can be  
anything



Use humor

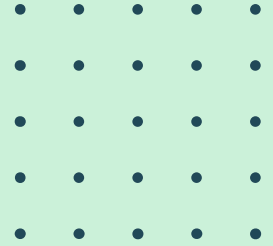
# 03. Tips &

# : : Guidelines



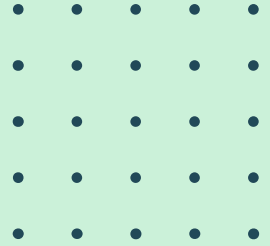
Tips and guidelines for  
successful grounding

# Grounding Guidelines



1. Grounding can be done any time, any place, anywhere, and no one has to know
2. Use when you are faced with a trigger, enraged, dissociating, having a substance craving, or whenever your emotional pain goes above 6 (on a 0-10 scale).
3. Stay neutral-avoid judgments of "good" and "bad."
  - a. *Instead of "The walls are blue; I dislike blue because it reminds me of depression," simply say "The walls are blue" and move on.*

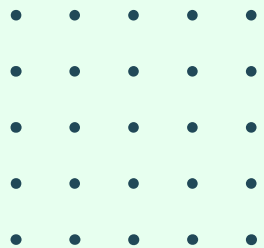
# Grounding Tips



1. No talking about negative feelings or journal writing
  - a. You want to distract away from negative feelings, not get in touch with them.
2. Practice regularly, especially when not triggered
3. As you practice, try it for a longer time
4. Keep an accessible list of which techniques work best for you
5. Create your own techniques
6. Start grounding early in a negative cycle
7. Get help from family and friends
8. Prepare in advance
9. Use audio cues, such as a recording of an exercise that works for you
10. Don't give up!



# 04. Grounding Practice



5 - 4 - 3 - 2 - 1 Exercise

5



4



3



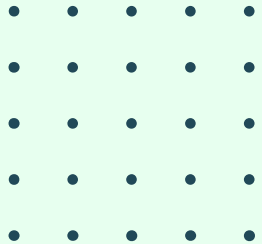
2



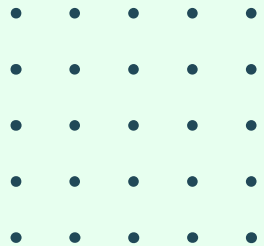
1



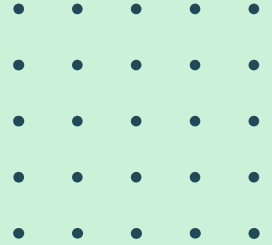
## 54321 Grounding Technique



# 05. Reflect & Debrief



# Reflect & Debrief



## **Reflect/ Debrief**

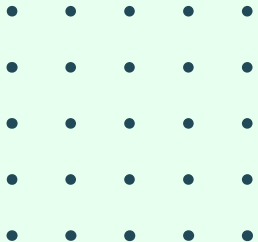
Any thoughts? Questions?  
Reflections? Reactions?

## **Check Out Question**

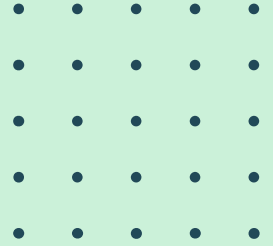
1 thing you are taking away  
from the group or 1 grounding  
technique you are committing  
to do for yourself this week

# Additional Resources

- **Apps:** Wysa, MoodMission, Shine, Happify, Calm, MindShine, QuitThat!
- **Counseling Groups** throughout the week
- **Student Wellness Resources** (linked in QR code)
- **Pioneers for HOPE** - support with food and housing  
: @Pioneersforhope
- **SHCS Instagram** - @eastbayshcs

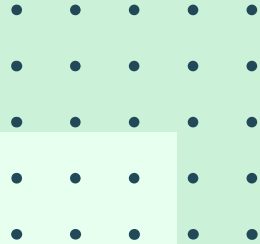


**Next Week:**



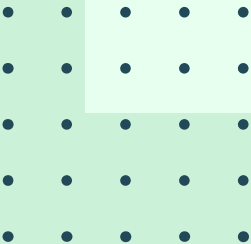
**Self Compassion**

**Self Talk**



# Thanks for joining!

See you next week!



With appreciation to the Allies Program (Sacramento, CA) for formatting this Safe Coping List. © Guilford Press, New York. From: Najavits, L.M. *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* (2002). Only for personal use with clients.