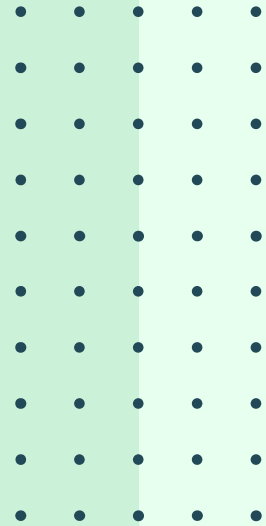


# Think Less, Vibe More

## Week 2: Self-Talk & Self Compassion



Presented by *Student Health and Counseling Services*

5



4



3



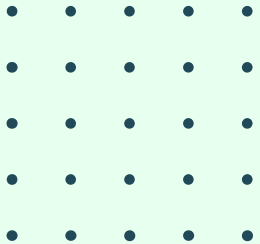
2



1



# 54321 Grounding Technique



# Zoom Guidelines

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

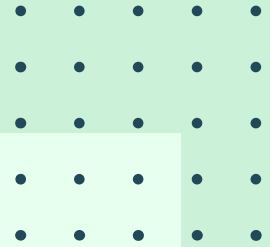
**03.** Confidentiality & Zoom limitations

**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

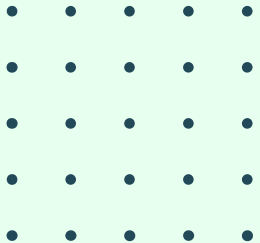
Name, year, major. How are you (*weather analogy*)? What way did you vibe more this week? (some eg below)

- ✓ 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

## Quote of the Day

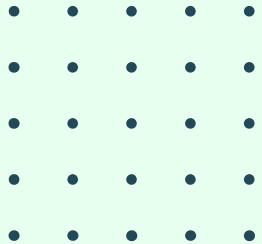
“You yourself, as much as anybody in the entire universe, deserve your love and affection.”

- **Buddha, *5th Century BCE Indian philosopher***

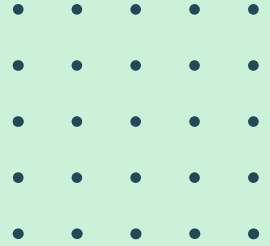


# 01. Self-Talk

How do you talk to yourself?



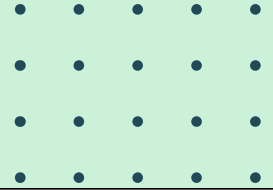
# What is Self Talk?



## Self-Talk is:

- The way you talk to yourself/your inner voice(s)
- Your inner monologue based on a combination of conscious thoughts + inbuilt beliefs
- Either negative or compassionate
  - Can be supportive, beneficial, motivating
  - Can also be pessimistic, undermining, unrealistic

# A Closer Look @ Self Talk



## Negative self talk

- ❑ A psychological defense that prevents growth
- ❑ Ignores the self
- ❑ Tends to be easy/ automatic

## Compassionate self talk:

- ❑ Loving, understanding
- ❑ Searching with a non-judgmental mind into what happened
- ❑ Promotes change
- ❑ Listens to the self
- ❑ Can be difficult and takes practice

## 6 REASONS TO PRACTICE POSITIVE SELF-TALK

WWW.THEPATHWAY2SUCCESS.COM



**Builds self-confidence and self-love**



**Teaches a meaningful coping skill**



**Improves perspective-taking skills**



**Encourages problem-solving skills**



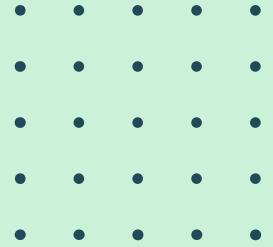
**Builds perseverance and resilience**



**Improves attitude and motivation**



# Impacts of Negative Self Talk

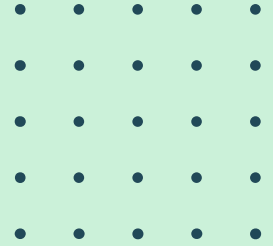


What's the impact of negative self talk?

- Can affect your mental health
- Can affect your relationship with *yourself* and *others*
- Is often be linked w/ depression, anxiety, or chronic pain
- Impacts self-esteem, body image
- Leads to stress and tendency towards perfectionism

**Reflect:** Think about the ways you usually talk to yourself – is it usually negative? Compassionate? What is it like thinking about how we talk to ourselves?

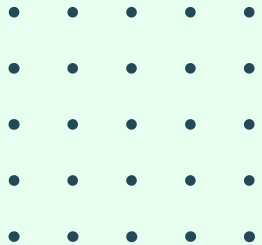
# Group Discussion



1. What does your negative and/or compassionate self talk sound like for you?
2. Which is easier for you?
3. How does your self-talk help or not help you?

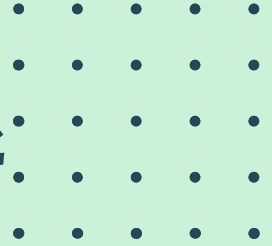
# 02.

## Self Talk Tips



Tips to stop negative self talk & improve compassionate self talk

# Tips to stopping negative self talk



Be aware of what  
you're saying to  
yourself



Challenge your  
thoughts



Put your thoughts into  
perspective



Stop the thought

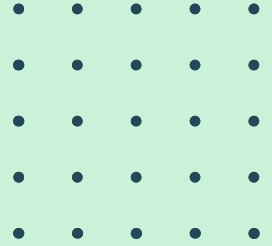


Replace the thought w/ a  
neutral or positive  
thought



Notice the patterns of your  
negative self-talk

# Tips to improving compassionate self talk



Practice, practice,  
practice



Identify your strengths



Surround yourself w/  
positive + optimistic people



Stay in the present



Look at the bigger picture

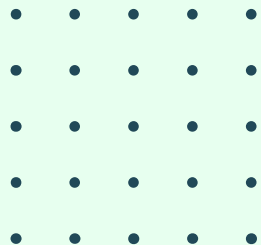


Treat yourself as a friend

**03.**

# Practice

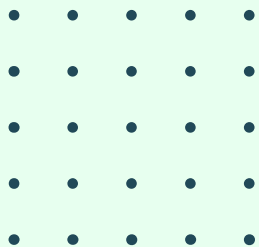
Practicing compassionate  
self-talk



# Practice!

How would you talk to yourself compassionately in one of these situations?

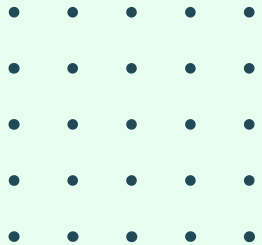
1. *You got a poor grade on an exam, so you want to binge on food*
2. *You feel like using a substance because you are lonely*
3. *You just got laid off from your job, and you feel like punching a wall*
4. *Your partner broke up with you, and you want to harm yourself*



# Exercise

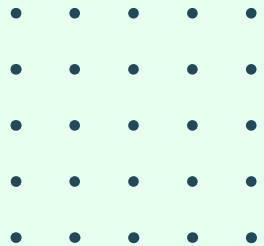


Loving Kindness Meditation

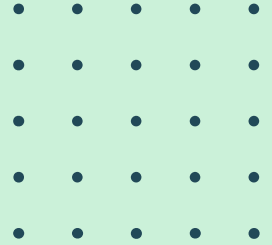




# 04. Reflect & Debrief



# Reflect & Debrief



## **Reflect/ Debrief**

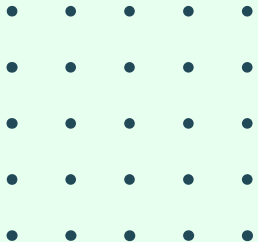
Any thoughts? Questions?  
Reflections? Reactions?

## **Check Out Question**

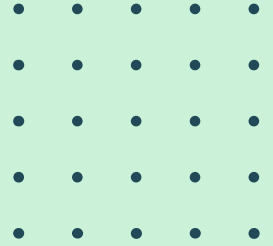
1 thing you are taking away  
from the group & 1 technique  
you are committing to do for  
yourself this week

# Additional Resources

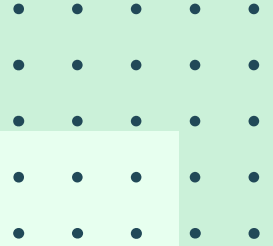
- **Apps:** Wysa, MoodMission, Shine, Happify, Calm, MindShine, QuitThat!
- **Counseling Groups** throughout the week
- **Student Wellness Resources** (linked in QR code)
- **Student well being:** Basic needs
- **Pioneers for HOPE** - support with food and housing  
: @Pioneersforhope
- **SHCS Instagram**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



**Next Week:**



**DBT/ Mindfulness**



# Thanks for joining!

We hope to see you next week!

