Think Less, Vibe More
Week 2: Self-Talk & Self Compassion

Presented by Student Health and Counseling Services
54321 Grounding Technique
**Zoom Guidelines**

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

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

03. Confidentiality & Zoom limitations

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
“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
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 linked with 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
- Replace the thought with a neutral or positive thought
- Put your thoughts into perspective
- Notice the patterns of your negative self-talk
- Stop the thought
Tips to improving compassionate self talk

- Practice, practice, practice
- Identify your strengths
- Stay in the present
- Look at the bigger picture
- Surround yourself with positive + optimistic people
- Treat yourself as a friend
03. 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. You 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!