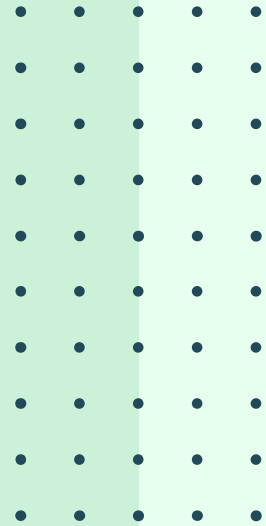


Think Less, Vibe More

Week 2: DBT Intro & Mindfulness



Presented by *Student Health and Counseling Services*

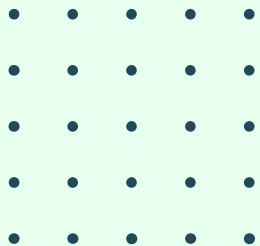
Gratitude Exercise



The real gift of gratitude is that the more grateful you are, the more present you become.

Robert Holden

1. Think about 3 things that you take for granted but are actually very thankful for.
2. Think about 3 things that you appreciate about yourself. Pick things that are meaningful. These can involve your personality, your qualities, your actions, or anything else directly related to yourself.
3. Think about 3 things that you feel grateful for about your experience right now.



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

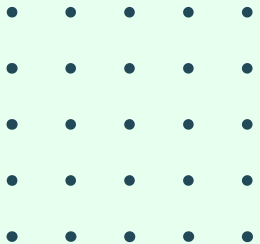
Name, pronouns, how are you (*weather analogy*)? How did you vibe more this week?

- ✓ 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

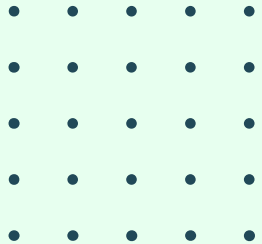
“We cannot control what emotions or circumstances we will experience next, but we can choose how we will respond to them.”

- **Gary Zukav** (*Spiritual Leader/Author*)



01. DBT

What is it & what is the purpose



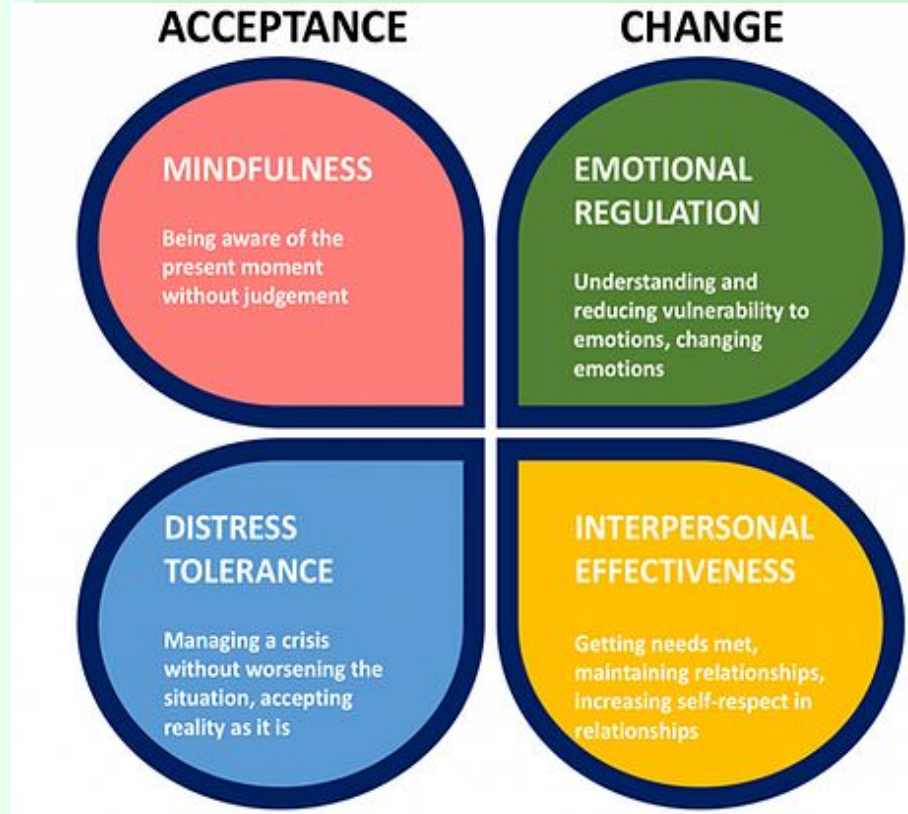
Dialectical Behavior Therapy



“Dialectic” → tension between two seemingly conflicting things that are true at the same time

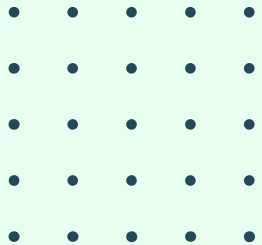
- Emotions/ thoughts are *complex* and never just *this or that*

How to use: acknowledge the need for change by accepting our situations and recognizing the constant flux of feelings—many of them contradictory—*without having to get caught up in them*



02.

Mindfulness



What is it & does it look like

Mindfulness

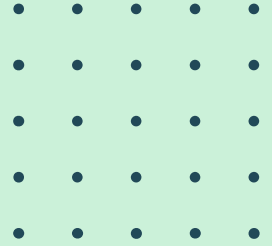


"The awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of our experience moment to moment." - Jon Kabat-Zinn

Most of us spend each day having internal conversations with ourselves → **Mindfulness is a conscious awareness of what we say and the way we talk to ourselves.** Dan Harris, author of the book "10% Happier," describes mindfulness as: *"The skill of knowing what's happening in your head without getting carried away with it."*

**It is a kind of mental exercise for the mind, similarly to how physical exercise is for the body"*

Grounding vs. Mindfulness



1

The key difference is that, rather than *adopting an attitude of allowing whatever wants to come up to come up*, in grounding, you are managing your focus purposefully, and focusing on present safety.

2

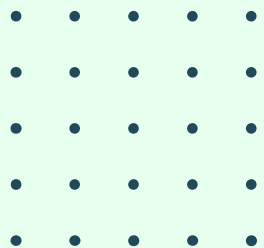
For many people adopting a mindful attitude of allowing and non-judgmental awareness is too difficult to start.

03.

Mindfulness

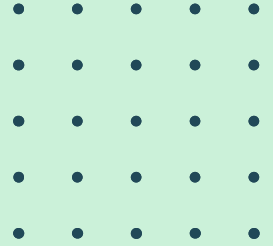
Practice

Mindfulness Meditations



Mindfulness

Tips to Practice Mindfulness



Choose to be present. Your mind will often wander. Practice returning to the present moment, over and over again.

Observe. Notice internal & external experiences: thoughts, emotions, urges, and all five of your senses. Notice where your attention goes when your mind wanders.

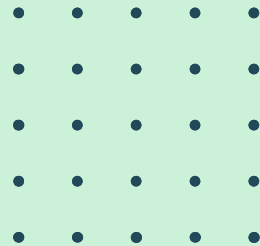
Describe nonjudgmentally. Describe with your senses rather than judging as “good” or “bad.” “This coffee is bad” vs. “This coffee is cold and bitter.” Identify your thoughts as just thoughts - “I am having the thought . . .”

Participate. Participate by fully immersing yourself into the activities of the moment.

When was the last time you felt fully in the moment? Why do you think mindfulness could be helpful for you?

Mindfulness

One-Minute Mindfulness Exercises



- 1. Take 2 “mindful” bites of your food** - Instead of trying to eat everything mindfully, try to mindfully enjoy the first two bites of whatever you are eating (or first sips of something you drink).
- 2. Notice what one breathing cycle feels like** - Notice how it feels to breathe: fill your lungs with oxygen, pause before exhaling, and gradually release your out-breath with mindful awareness.
- 3. Give your brain a one-minute break** - You can do this by focusing in on your environment mindfully. Perhaps you can look out the window and notice the colors, shapes, movements, and sounds around you. Or, pick a cloud, tree, or animal to observe with curiosity and awareness.
- 4. Notice how the air, or wind, feels on your skin** - Just notice the sensations of air against your skin. Perhaps on your face or arms, focus on the pressures and temperatures, and other sensations.
- 5. Try mindfulness of music** - Focus completely on music. Perhaps listen to a song you don't know yet, or a song you know well and wish to experience in a new way. Avoid judging the sounds as good or bad.



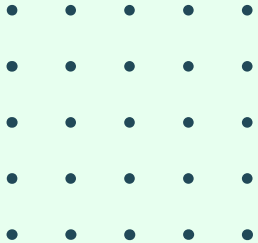
**AGE technique: Arriving,
Gathering, Expanding**



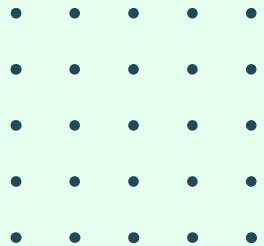
Breathing Space



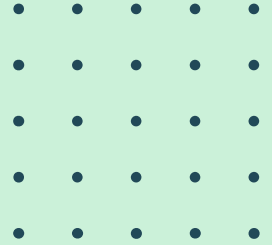
Leaves on the River



05. Reflect & Debrief



Reflect & Debrief



Reflect/ Debrief

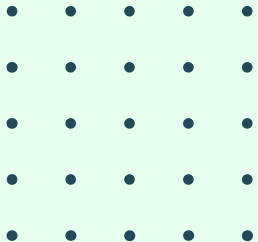
Any thoughts? Questions?
Reflections? Reactions?

Check Out Question

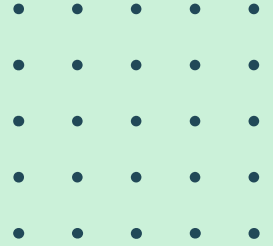
1 thing you are taking away
from the group or 1
mindfulness technique you are
committing to do for yourself
this week

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

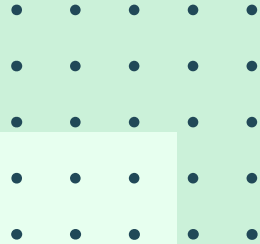


Next Week:



Emotional Regulation

The Wise Mind



Thanks for joining!

We hope to see you next week!

