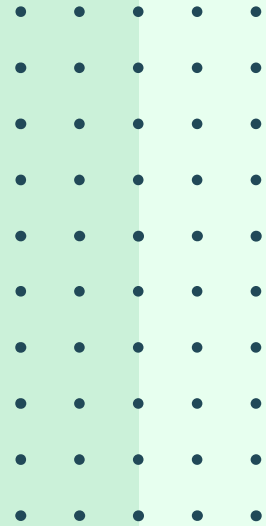


Think Less, Vibe More

Week 4: Emotional Regulation & The Wise Mind

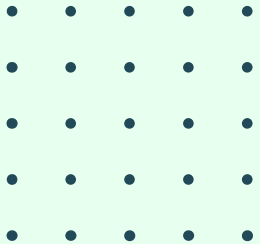


Presented by *Student Health and Counseling Services*



4 elements tools

Earth, Air, Water, Fire



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?

Emotional Regulation



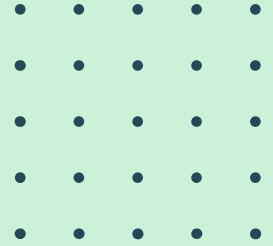
Recognizing and addressing PRIMARY and SECONDARY emotions

Primary emotions: the initial reaction to an event or to triggers in your environment. Are often completely natural reactions to things around us.

Secondary emotions: the reaction to your primary emotions or thoughts. Secondary emotions can push us towards behaviors that are destructive and maladaptive, making it essential to learn how to accept your primary emotion without judging yourself for feeling it.

- *Our emotions are unique, organic experiences that are adaptive evolutionary traits—they developed because they helped us function better, both by helping us communicate with others and by alerting us to things in our environment that are beneficial or potentially problematic. Learning to better understand, recognize, and label emotions is an enormously helpful skill to have. (Bray, 2013)*

Emotions Discussion



Coping Skill: "NAME IT TO TAME IT" (Dan Siegel)

List of Feeling Words

- Reactions to the list of Feeling Words?

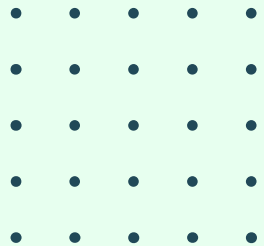


What are some helpful ways to expand your emotional vocabulary?

What are some secondary emotions that you often feel? (Secondary emotions: the reaction to your primary emotions or thoughts)

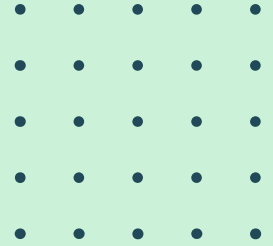
How can we learn to focus on our primary emotions?

02. The Wise Mind



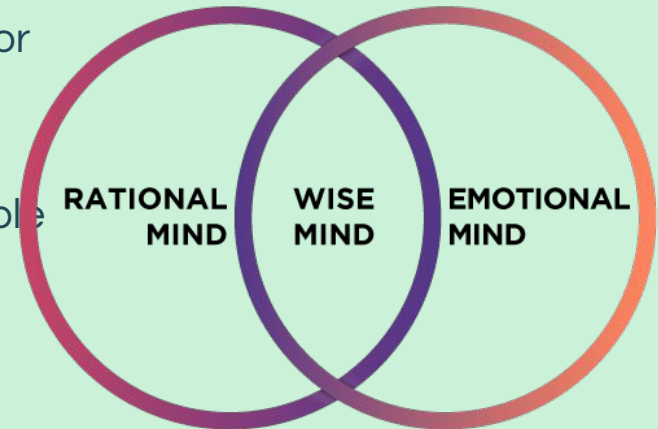
What is it & How do I use it

The Wise Mind

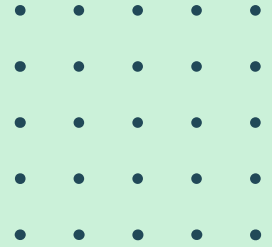
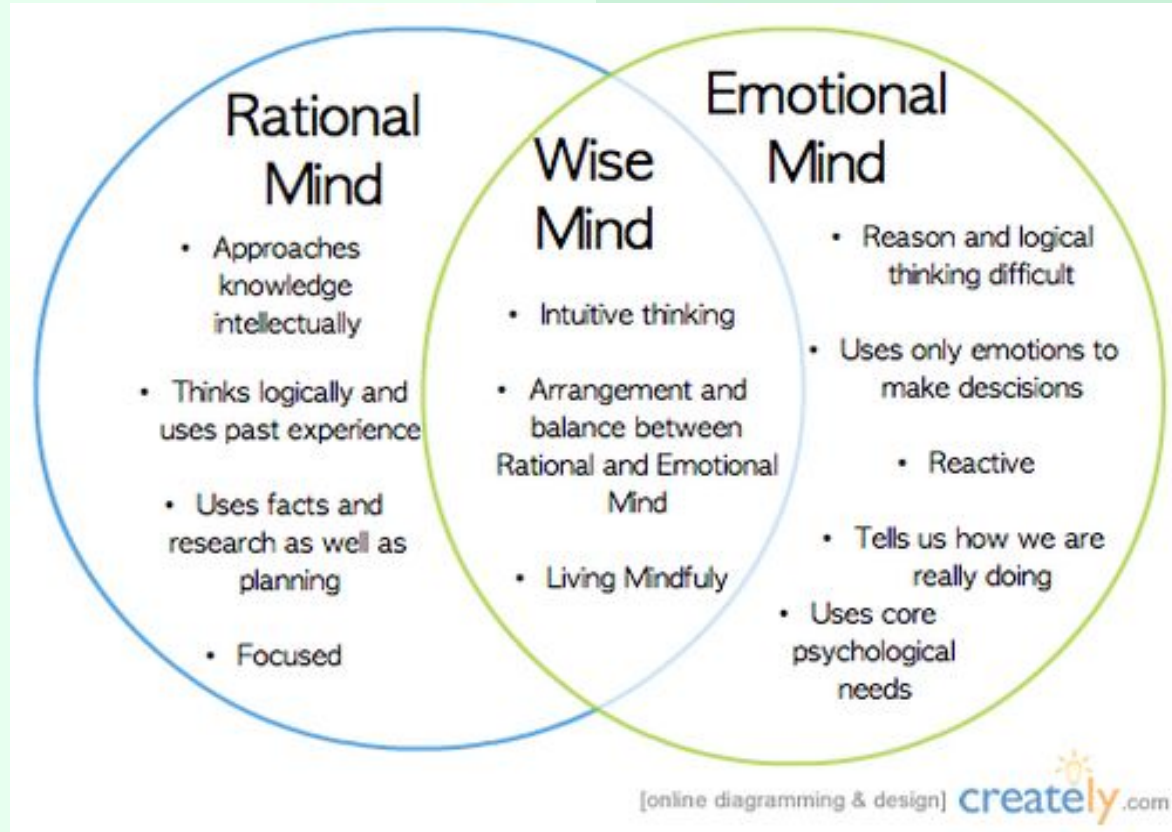


We use 3 States of Mind

- **Rational Mind:** is used when we approach a situation intellectually. We plan and make decisions based on fact
- **Emotional Mind:** is used when feelings control our thoughts and behaviors. We might act impulsively or with little regard for consequences
- **Wise Mind:** is when there is balance between the reasonable and emotional halves. We are better able to recognize and respect our feelings, while responding to them in a rational manner



The Wise Mind



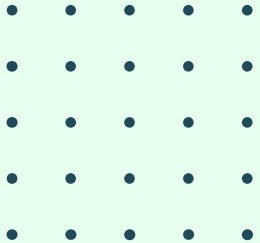
How can you use your Wise Mind to help you cope with triggers?

Let your mind take a break from
emotionally charged situations.

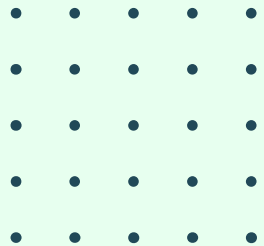


integrative
PSYCHOTHERAPY
WWW.INTEGRATIVEPSYCH.CO

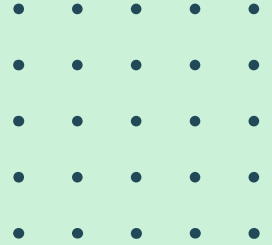
Safe Container Exercise



05. Reflect & Debrief



Reflect & Debrief



Reflect/ Debrief

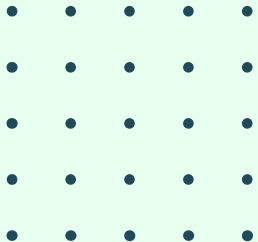
Any thoughts? Questions?
Reflections? Reactions?

Check Out Question

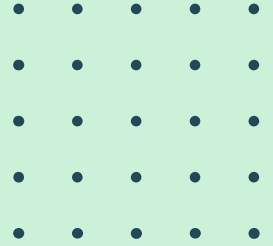
1 thing you are taking away
from the group & 1 technique
you are committing to do for
yourself this week

Additional Resources

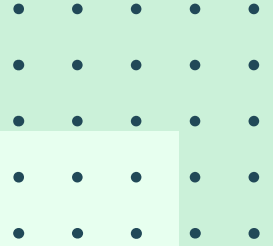
- **Apps:** Wysa, MoodMission, Shine, Happify, Calm, MindShine, QuitThat!
- **Counseling Groups** throughout the week
- **Student Wellness Resources** (linked in QR code)
- **Student well being:** Basic needs
- **Pioneers for HOPE** - support with food and housing
: @Pioneersforhope
- **SHCS Instagram**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



Next Week:



Asking For help



Thanks for joining!

We hope to see you next week!

