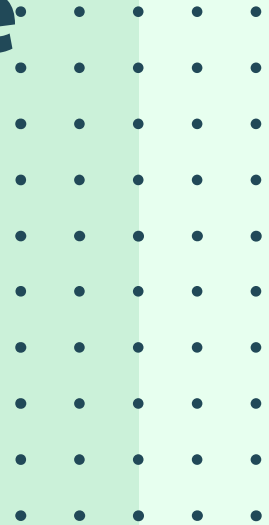


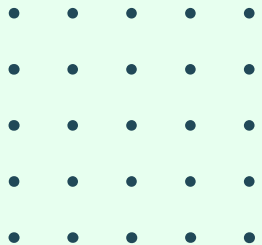
Think Less, Vibe More

Week 5: Asking For Help



Presented by *Student Health and Counseling Services*

Lightstream 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

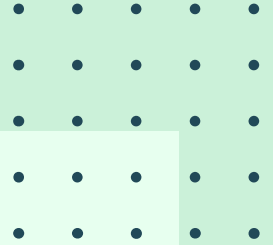
04.

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



Review: Emotional Regulation + Wise Mind.

How are you (*weather analogy*)? What safe vibing skill did you use 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

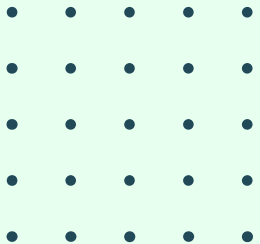
Quote of the Day

With every year that passes, I become more convinced that "help" is the most sacred word.

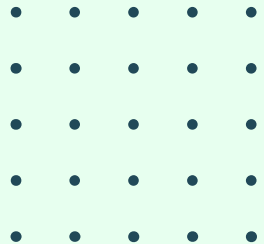
No one survives alone.

Keep breathing. Stay close.

@BLACKLITURGIES

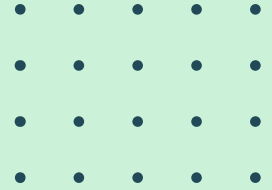


01. Asking For Help



Interpersonal Effectiveness
+ Distress Tolerance

Asking For Help/ Support



Increases distress tolerance + interpersonal effectiveness.

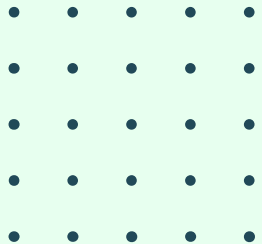
Asking for help may feel like a very big risk for people, but it is incredibly important to learn to take the risk and reach out to safe people. This is one of the greatest secrets of recovery you will ever hear.

As solid as the ground you walk on - You need help from others to heal/ recover.

Why do you think Asking for Help is so difficult?



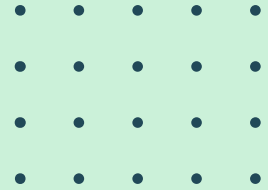
02. Handout #1



Asking For Help: Main Points



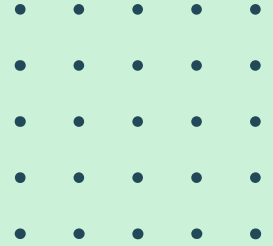
Asking For Help: Handout #1



MAIN POINTS

- ❑ It is very common to have difficulty asking for help if you have PTSD (trauma triggers) and substance abuse (unhealthy coping habits).
- ❑ You must get help from others to recover. No one can do it alone.
- ❑ In learning to ask for help, start "small": Practice on safe people, with simple requests.
- ❑ Try to ask for help before a problem becomes overwhelming. But you can call any time-before, during, or after a hard time.
- ❑ Prepare how you'll handle it if the person refuses your request for help.
- ❑ In asking for help, you don't have to "spill" everything..
- ❑ Asking for help makes you stronger and more independent in the long run.
- ❑ Learning to ask for help may feel very awkward at first
- ❑ If there is no one in your life to ask help from, work on building a support network
- ❑ When asking for help, be gentle=no demands, threats, or insults.
- ❑ Discover whether your fears are accurate: Compare your prediction to reality.

Benefits of Asking For Help



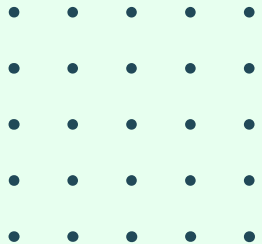
Asking for help helps us:

- Learn to recognize and prioritize our needs
- Helps us communicate well by knowing how to put a request for help into words
- Tolerate the vulnerability of such a request - this empowers us and increases our strength and self-esteem
- To not be afraid of people, and learn that we can connect with others and join with them safely

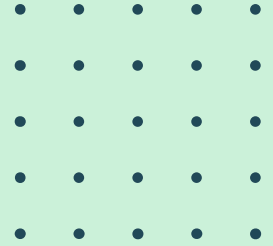
03.

Reflection

Reflections about Asking
For Help



Reflections on Asking For Help



Why is asking for help such a crucial coping skill?

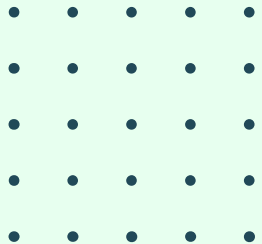
What happens when you do not ask for help?

What are some examples of simple requests you could start practicing?

Why would asking for help make you more INDEPENDENT in the long run?

04.

Visualization

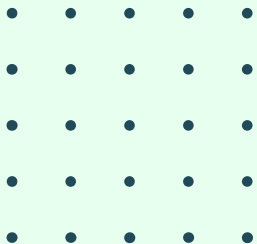


Asking For Help: Practice



Visualization Exercise

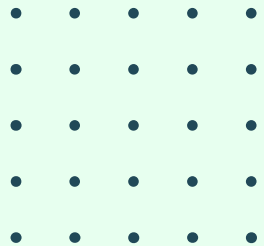
1. Identify a current or recent situation where you could benefit from asking for help
2. Role play asking for help in your mind
 - a. Who will you talk to?
 - b. What will you say?
 - c. What do you predict will happen?
 - d. How do you practice self compassion?
3. Notice your thoughts, feelings, body sensations
4. Future reflection:
 - What happened in reality?
 - What did you learn from the experience?
 - Did you get what you wanted?
 - How did you feel about it?



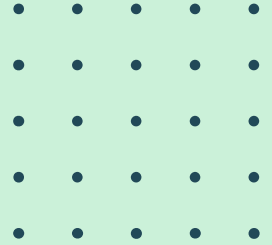
Shifting your perspective

- *Look at this as building a new SKILL, in addition to practicing asking for help: **learning how to tolerate anxiety we may feel when asking for help***

05. Reflect & Debrief



Reflect & Debrief



Reflect/ Debrief

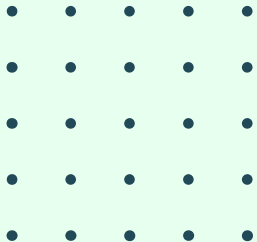
Any thoughts? Questions?
Reflections? Reactions?

Check Out Question

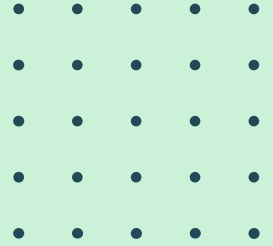
1 thing you are taking away
from the group & 1 technique
you are committing to do for
yourself this week

Additional Resources

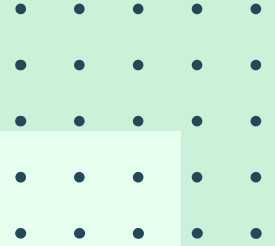
- **Apps:** Wysa, MoodMission, Shine, Happify, Calm, MindShine, QuitThat!
- **Counseling Groups** throughout the week
- **Student Wellness Resources** (linked in QR code)
- **Student well being:** Basic needs
- **Pioneers for HOPE** - support with food and housing
: @Pioneersforhope
- **SHCS Instagram**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



Next Week:



Creating Meaning



Thanks for joining!

We hope to see you next week!

