

Think Less, Vibe More

Week 6: Creating Meaning



Presented by *Student Health and Counseling Services*



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Creating Meaning Exercise - *What do you see?*

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: Asking for Help.

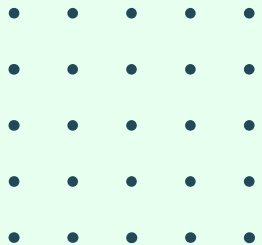
How are you (*weather analogy*)? | What safe vibing skill did you use this week?

- ✓ 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

“The one thing you can’t take away from me is the way I choose to respond to what you do to me. The last of one’s freedoms is to choose one’s attitude in any given circumstance.”

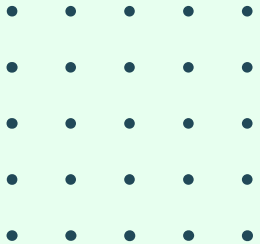
· **Victor Frankl, *Austrian psychiatrist & Holocaust survivor***



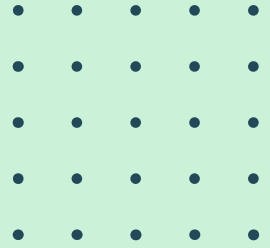
02.

Twisted Meanings

What it looks like in emotions,
thoughts, and actions



Key Points



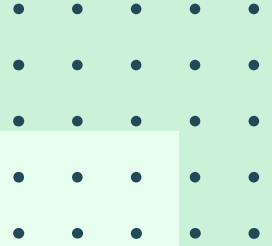
- Part of human nature is to create meaning from life experiences. We are always actively interpreting and responding to the world.
- It is important to choose to create meanings that help you become more safe, helping in our healing.
- If you grow up with difficult childhood or traumas, we can develop meanings that harm. Eg. "no one can be trusted"
- Meanings can be at a very deep level, which may be unconscious for long time.
- Goal is to remain open to new possibilities.

03. Reframing Twisted Meanings



Examples of reframing
Twisted Meanings in
emotions, thoughts, and
actions

Creating Meaning: Reframing Twisted Meanings

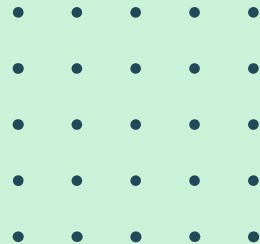


We will read through the meanings that harm and practice alternative meanings that heal on the next few slides.

Instructions: Note in your mind or on a sheet of paper/your phone which meanings you have used in the past and notice any reactions and feelings to both the harmful and healing meanings

- *Put a star next to those you particularly struggle with*

Examples of Twisted Meanings: Emotions



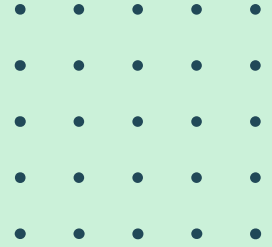
Examples that harm

- **Pathologizing yourself** - "I'm crazy - I shouldn't feel this way"
- **Ignoring cues** - "If I ignore this toothache, it will go away."
- **Over-identifying with traumatic experiences** - "My life is pain. I am my trauma"

Alternatives that heal

- **Honor your feelings** - you are not crazy. Your feelings make sense in light of what you have been through
- **Attend to your needs** - listen, notice, believe yourself
- **Cultivate a broad identity** - You are more than your experiences or what you suffered. Think about your broad identity

Examples of Twisted Meanings: Thoughts



Examples that harm

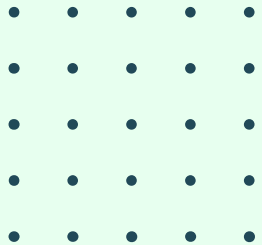
- **Beating yourself up** - "My family is right, I'm worthless!"
- **Focusing on the negative** - "I can't do anything right."
- **The past is in the present** - "I'm trapped repeating the same mistakes."
- **Mind Reading** - "He didn't say hi because he hates me."
- **Unsafe coping thoughts** - "I need a drink to relax."

Alternatives that heal

- **Love, not hate, creates change** - care and understanding promote real change
- **Notice the good** - what went right? What is good about you?
- **Stay in the present** - Remember that you have choices and power
- **Check out your assumptions** - reality testing; ask the person
- **Seek safety** - acknowledge your urges and feelings; find a safe way to cope

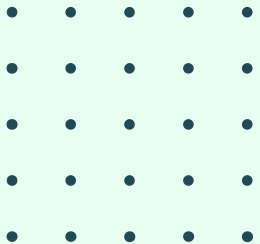
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Discussion

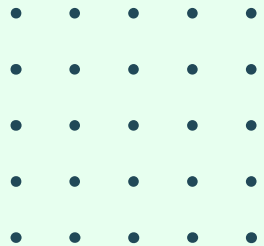


Discussion

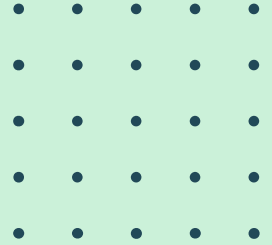
1. What was it like for you to go through the list of harmful and healing meanings?
2. Share one meaning that stood out to you – How did you relate to it?
3. When you are stuck in a harmful meaning, how could you remind yourself of a healing meaning?



05. Reflect & Debrief



Reflect & Debrief



Reflect/ Debrief

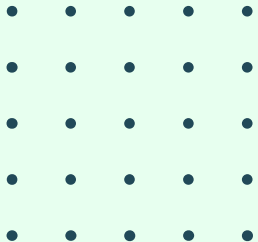
Any thoughts? Questions?
Reflections? Reactions?

Check Out Question

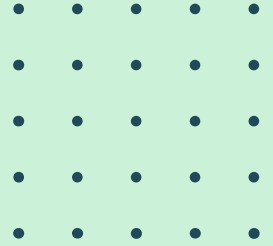
1 new meaning or 1 thing you
are committed to practicing
from group this week?

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

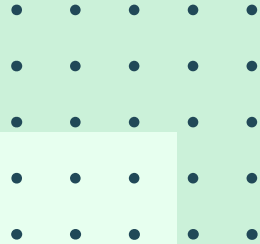


Next Week:



Window of Tolerance

Triggers



Thanks for joining!

We hope to see you next week!

