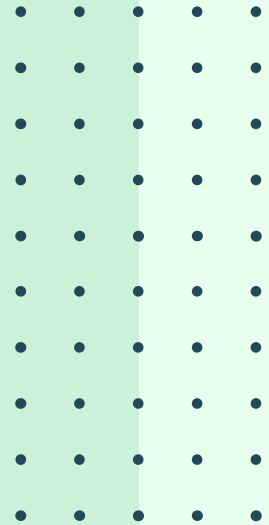


Think Less, Vibe More

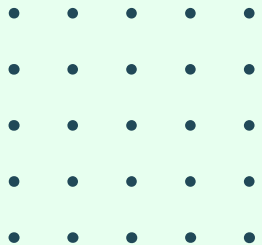
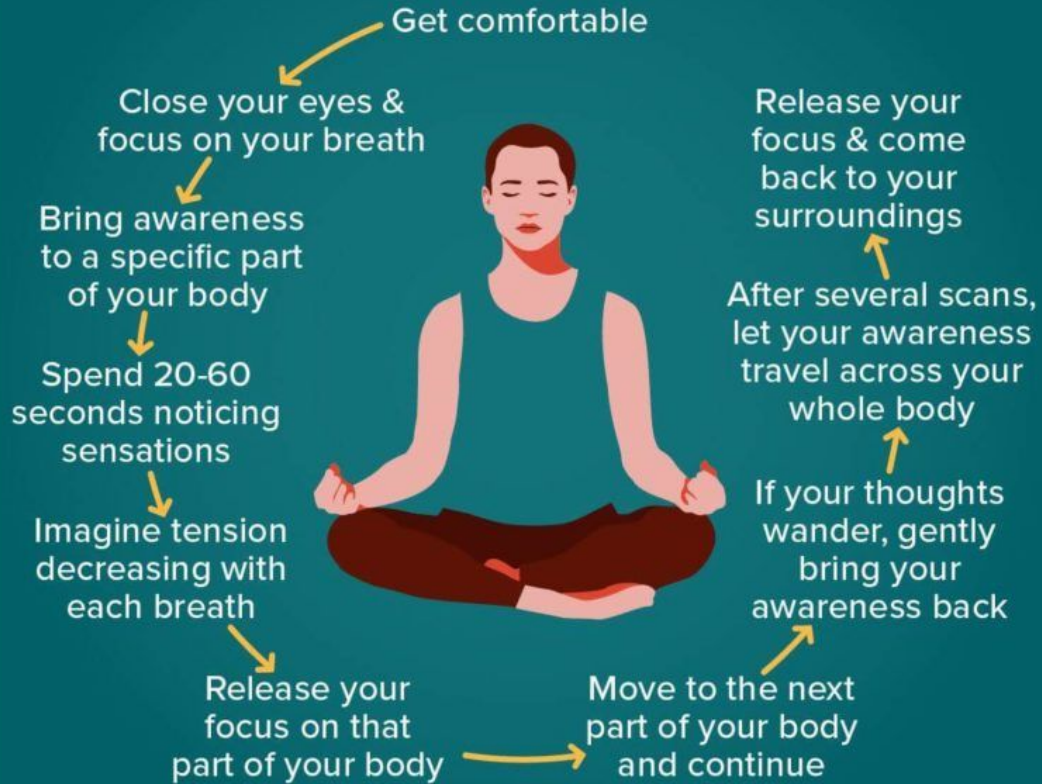
Week 7: Creating Meaning

Part 2



Presented by *Student Health and Counseling Services*

How to Do a Body Scan Meditation



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


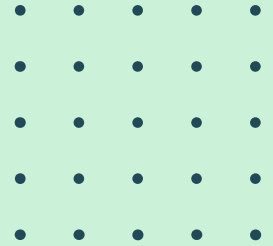
04.

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?

Quote

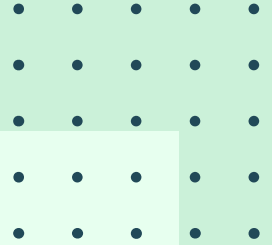
A background image for the quote featuring a sunset or sunrise over a body of water with mountains in the distance. The sky is a mix of orange, yellow, and grey, and the water reflects the light. The mountains are dark and silhouetted against the horizon.

Between stimulus and
response there is a space.
In that space is our power
to choose our response. In
our response lies our
growth and our freedom.

Viktor E. Frankl

BrainyQuote

Weekly Check In



Review: Creating Meaning

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

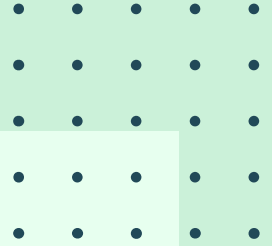
- ✓ Ask for Help
- ✓ Cry
- ✓ Choose self respect
- ✓ Take good care of your body
- ✓ Compassion
- ✓ Create a new story
- ✓ Structure your day
- ✓ Trust the process
- ✓ Reframe setbacks
- ✓ Focus on now

01. Reframing Twisted Meanings



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

Creating Meaning: Reframing Twisted Meanings

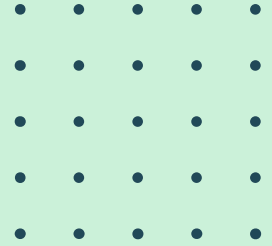


We will read through the meanings that harm and practice alternative meanings that heal on the next few slides.

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: Actions



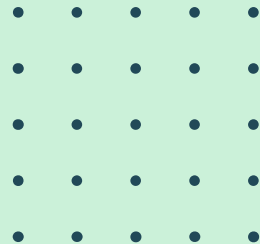
Examples that harm

- **The escape** - "I'm upset, I need to binge on food."
- **If this, then that** - "If I get the job, then I'll stop smoking pot."
- **Feelings are reality** - because something *feels* true, you believe it must be *fact*.
- **Deprivation reasoning**-because I've suffered a lot I need substances (or other destructive behaviors)

Alternatives that heal

- **Keep growing** - Build your tolerance & problem solving
- **Stay in the present** - Remember: you can start now, every step forward counts.
- **Listen to what you know** - Use your wise mind as a guide, not your feelings.
- **Live well**- A happy, functional life will make up for your suffering far more than hurting yourself will.

Examples of Twisted Meanings:



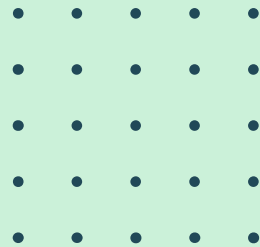
Examples that harm

- **Time Warp:** Sense of time is distorted. You believe a negative feeling will go on forever
- **Confusing needs with wants:** You want something very badly, means you have to have it
- **Instant Satisfaction:** Life should be easy/ always feel good

Alternatives that heal

- **Observe real time:** use timer to see how long it really lasts
- **Recovery/ healing is the need:** needs are essential- food, shelter, clothes, safety, recovery, wants are not
- **Work hard:** the most enduring satisfactions come from working hard and having patience: work, relationships, recovery

Examples of Twisted Meanings:



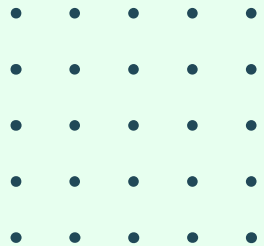
Examples that harm

- **Shoulds:** You have rules about how the world should work, eg. "I should not have to deal with PTSD."
- **Uniqueness Fallacy:** "Unless you've lived through what I have, you can't help me."
- **No future:** "My life is wasted already."

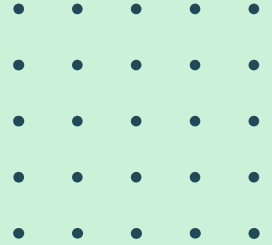
Alternatives that heal

- **Soften your language:** try to ease the tension. Eg. replace "should" with "want"
- **Reach out:** give people a chance to help you. Find a safe person to talk to and try opening up.
- **You have choices:** no matter what has happened so far, you have choices. You control the present and the future. Choose wisely.

05. Reflect & Debrief



Reflect & Debrief



Reflect/ Debrief

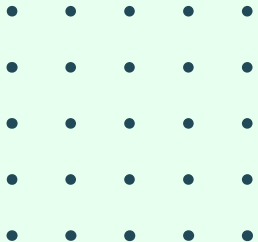
Any thoughts? Questions?
Reflections? Reactions?

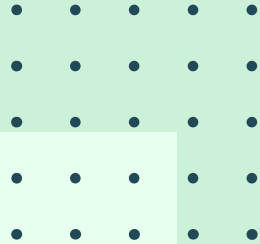
Check Out Question

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





Thanks for joining!

We hope to see you next week for
our session on triggers!

