

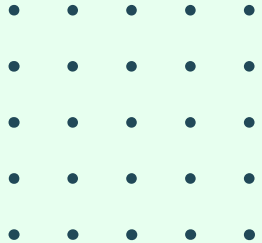
# Think Less, Vibe More: . . . .

## Week 9: Group Review . . . .



Presented by *Student Health and Counseling Services*

# Butterfly Hug Exercise



# 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

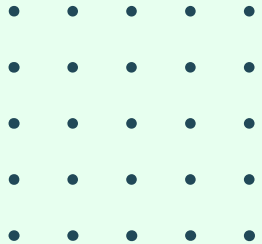
Review: Triggers/ Window of Tolerance

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

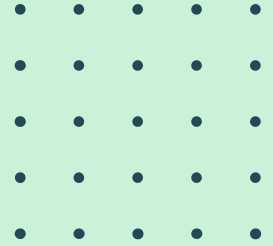
- ✓ Ask for Help
- ✓ Cry
- ✓ Choose self respect
- ✓ Take good care of your body
- ✓ Compassion
- ✓ Create a new story
- ✓ Structure your day
- ✓ Trust the process
- ✓ Reframe setbacks
- ✓ Focus on now

# 01. Review

Vibing Skills overview



# Think Less, Vibe More Skills

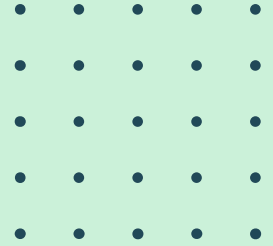


Which of these skills has worked for me this year?

What are the situations where I've needed these skills?

Which new skills do I want to try as I approach the break and new year?

# Take Good Care of Yourself



- Take good care of your body** Eat right, exercise, sleep, practice safe sex
- Practice self-compassion** Listen to yourself with respect and care, same as you would for a friend or loved one
- Prioritize healing** Focus on what matters
- Listen to your needs** Don't neglect yourself
- Practice soothing self-talk** Talk to yourself very gently, as if to a friend or small child
- Integrate the split self** Accept all sides of yourself; they are there for a reason
- Create new "tapes"** Literally! Take a video where you talk to yourself kindly

# Stay Motivated

**Inspire yourself** - Carry something that reminds you of what's important to you or a quote to keep you motivated

**Find rules to live by** - Remember a phrase that works for you (e.g., "Stay real")

**Create meaning** - Remind yourself what you are living for: Your family? Your future self? Your children? Love? Truth? Justice? God? ...

**Expect growth to feel uncomfortable** - If it feels awkward or difficult, you're probably doing it right

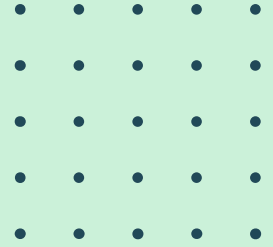
**Take responsibility** - Take an active, not a passive approach

**Actions first, and feelings will follow** - Don't wait until you feel motivated; start now

• • • • •



# Create Healthy Options



- Persist** Never, never, never, never, never give up
- Choose self respect** Choose whatever will make you like yourself tomorrow
- List your options** In any situation, you have choices
- Talk yourself through it** Self-talk helps in difficult times
- Imagine** Create a mental picture that helps you feel different
- Detach from emotional pain** Practice grounding techniques. Change the channel.
- Create a new story** You are the author of your life: be the hero who overcomes adversity

# Stay Active

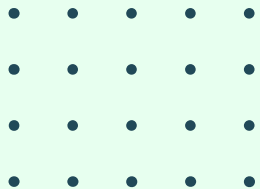
**Setbacks are not failures** - A setback is just a setback, nothing more

**Create positive addictions** - Put your energy toward things that keep you healthy and connected. Sports, hobbies, counseling groups ...

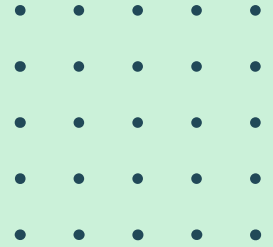
**Fight the trigger** - Take an active approach to stay in the window of tolerance

**Pace yourself** - If overwhelmed, go slower. If stagnant, go faster.

**Get organized** - You'll feel more in control with lists, "to do's" and a clean house



# Make Healthy Connections



**Ask for help**

Reach out to someone safe. Tell others what you need.

**Practice honesty**

Secrets and lying are unhealthy and can ruin relationships; honesty heals them

**Set a boundary**

Say "no" to protect yourself, and "yes" to healthy relationships

**Seek understanding, not blame**

Be curious about your reactions, not judgmental.

**Alone is better than a bad relationship**

**Attend treatment**

AA, self-help, therapy, medications, groups

# Build Emotional Tolerance

**Cry** - Let yourself cry; it will not last forever

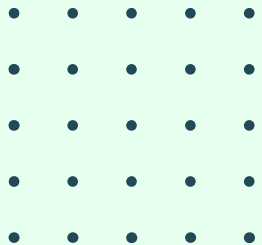
**Tolerate the feeling** - "No feeling is final", just get through it safely

## Focus on Your Goals

**Plan it out** - Take the time to think ahead- it's the opposite of impulsivity

**Structure your day**- A productive schedule keeps you on track and connected to the world

**Think of the consequences** - Really see the impact of your choices for tomorrow, next week, next year



# Reflect and Grow

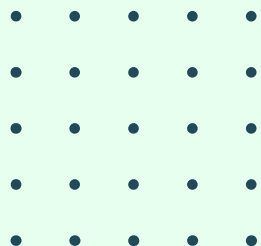
**Observe repeating patterns**      Try to notice and understand how you may be re-enacting unhealthy patterns and getting the same negative results

**Examine the evidence**                      Evaluate both sides of the picture

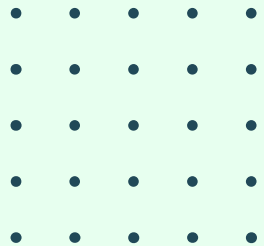
**Notice what you can control**              List the aspects of your life you do control

**Replay the scene**                              Learn from the experience and seek wisdom.

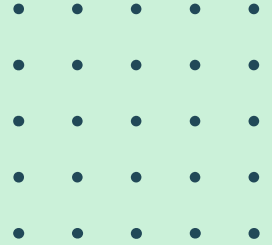
**Review a negative event**                      What can you do differently next time



# 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

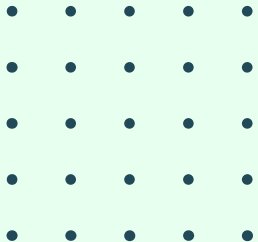
# Spring Counseling Groups

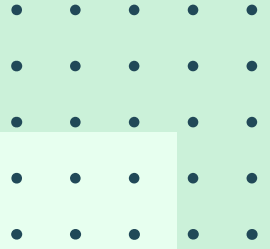
- Think Less, Vibe More - Practice coping skills to make healthy changes in your life (Zoom)
- Rising Strong: Overcoming Trauma - Practice coping skills related to healing from trauma (Zoom)
- CALM - Skills to manage anxiety (Zoom)
- The Struggle is Real - Skills to manage depression (Zoom)
- I ♥ Healthy Relationships - Discussing topics such as communication, boundaries, and conflict resolution (In person)
- WEvolve - Interpersonal process groups focusing on personal and relational growth. One will focus on family of origin. (In person)



# 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 semester!!

