Want to Manage Emotional Distress?
A Few Words of Support from Student Health and Counseling Services

- As a person who walks through the world with a targeted identity, there can be many things in the world that might be upsetting, whether it is political news, something in the media, or an event in your immediate community. Just like it can be helpful to have an emergency preparedness kit for natural disasters, it can be helpful to have an emotional safety kit or plan for when these situations overwhelm us.

- **Emotional Safety Plan**
  - **Coping Strategies** (what strategies could you use in the moment?)
    - **Mindfulness Approaches** - Connect with your 5 Senses, Color Counting (finding objects around you of a particular color)
    - **Breathing Exercises** -- Square Breathing (in for 4 beats, pause for 4, out for 4, pause for 4), slow abdominal breathing
    - **Grounding Exercises** --
      - Play a “categories” game with yourself: try to think of types of animals, famous people, TV shows, songs etc., that begin with each letter of the alphabet,
      - Imagine: Use a pleasant or comforting mental image. Again, use all of your senses to make it as real and vivid as possible.
  - **Self Care** - what makes you feel nourished and valued?
    - What are your hobbies and interests?
    - Connect with nature
    - Love your body - take a bath, drink a favorite tea, exercise, laugh
  - **Supportive Options**
    - Connect with trusted friends/family members, loved ones
    - Reach out to professionals (counselors) or hotlines

- **It’s okay to get help!** If you feel overwhelmed by emotional distress or you feel like you need support through it, help is available! You can reach out to Student Health and Counseling at 510-885-3735, or schedule online at health.csueastbay.edu.

You Got This!