Self Care Moment

Presented by CSUEB Counseling Services
“Affirmation Cards”
Taking care of myself doesn't mean “me first”
It means “me, too”
-L.R. Knosts

Ourmindfullife.com
Agenda for Today

- Group Guidelines
- Grounding Activity
- Self-Care Tool
- Closing Question
- Resources

Suggested Materials:
- Index Cards
- Sticky Notes
- Pencil or pen
- Coloring Utensils
Group Guidelines

- Please mute your audio and type any questions into the chat box.
- Your video can be off or on, whatever makes you most comfortable.
- Confidentiality, and Zoom limitations.
- Sharing (Headlines not details).
- Chat privately for specific needs.
LOVING KINDNESS

May we be happy and healthy and loved,
May we be safe and protected,
May we be free from mental and physical suffering and pain,
May we be alive, engaged and joyful,
And may we be able to live in this world with inner peace and with ease.
Today’s Tool: Affirmation Cards

- This activity is great for boosting self-esteem and increasing a positive perspective.
- May feel weird if it is not something you believe about yourself.
- Use affirming language: “I will” “I can” “I am” “I welcome”
- Recite daily or when needed
- Keep this near if you need a quick reminder, somewhere you can see it.
Closing Question

- Feedback; Experience?
- Share one affirmation with the group.
Additional Resources

- Counseling Groups throughout every week
- Virtual RAW events: Mindful minutes now three times a week!
- Pioneers for HOPE - support with food and housing
- Follow us on Instagram - @eastbayshcs
Thank you for joining us!

Resources:
Check out the Wellness Resource Tab on the CSUEB Student Health and Counseling Services Web Page!

For an Appointment:
Call (510) 885-3735 or https://health.csueastbay.edu