Self Care Moment

Presented by CSUEB Counseling Services
“Gratitude List”
The more you practice gratitude, the more you see how much there is to be grateful for, and your life becomes an on-going celebration of joy and happiness.

-Don Miguel Ruiz
Agenda for Today

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

Suggested Materials:
- Handout
- Sheet of paper
- Pencil or pen
- Open heart
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
Grounding Activity
Today’s Tool: Gratitude List

- This activity allows you the space to shift your focus to the positive.
- Identifying what you are grateful for can boost your mood and assists with decreasing depression and stress.
- Gratitude generally makes us happier people.
- Keep this near if you need a quick reminder when feeling overwhelmed with a variety of emotions.
Closing Question

- Share one thing you are grateful for today.
- Feedback; Experience?
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