Self Care Moment

Presented by CSUEB Counseling Services
“Self-Care Plan”
True self care is not baths and chocolate cakes. It is making the choice to build a life you don't need to regularly escape from.
Agenda for Today

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

Suggested Materials:

- Handout
- Sheet of paper
- Pencil or pen
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: Self Care Plan

- Purpose is to have a list to refer to that categorizes activities/things you can do to care for self in various areas of life.
- Each area of our life may require adjustments.
- In the moment we sometimes forget our plan.
- Don’t have to do all at once, each day.
- Place somewhere easy to see.
Structured Self-Care Exercise

Take a moment to reflect and write out a structure of self-care to implement in the moment and in the space between.

3 things I need to pay attention to during in the moment (e.g. tightness in chest)

3 affirmations I can say to myself when confronted with a new challenge or difficult story (e.g. “remember your strength,” “you are doing your best”):

3 things I can do when I have a 10 minute break (e.g. close my eyes and focus on breath)

3 things I can do at the end of the day (e.g. take 10 conscious breaths or call a friend)

3 things I can do at least once a week (e.g. journal reflection, experience nature, connect)

3 things I can do twice a month (e.g. consult with a mentor, get creative, play)
Closing Question

- Which self care item can you commit to doing over the weekend?
- 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