Self Care Moment

Presented by CSUEB Counseling Services
“Mandala”
You are worth the quiet moment.
You are worth the deeper breath.
You are worth the time it takes to slow down,
be still, and rest.
-MHN
Agenda for Today

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

Suggested Materials:
- Handout
- Sheet of paper
- 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
Grounding Activity

DO NOTHING FOR 10 MINS
Today’s Tool: Mandala Coloring

- Mandala’s are a great meditative, relaxing tool.
- Reduce anxiety, stress, and depression.
- Increase confidence and creativity.
- Greater sense of calmness and well-being.
- Way to connect with your inner child.
Closing Question

- If your mood was currently a color, what would it be?
- 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

be good to yourself