Self Care Moment

Presented by CSUEB Counseling Services
“Positive Playlist”
LISTENING TO MUSIC IS GOOD FOR YOUR WELLBEING
Agenda for Today

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

Suggested Materials:

- Handout
- Sheet of paper
- Pencil or pen
- Music Library (YouTube, iTunes, Google, etc)
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: Positive Playlist

- This is catered to your style of music.
- Music is healing.
- Choose songs that uplift your mood.
- Keep this near so you can know which songs.
- Create actual playlist.
Closing Question

- Which song did you choose makes you want to dance?
- 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

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