Self Care Moment

Presented by CSUEB Counseling Services
“Safety Plan”
Self-care is the non-negotiable. That’s the thing that you have to do.
Agenda for Today

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

Suggested Materials:
- Handout
- Sheet of paper
- Pencil or pen
- Open mind
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: Safety Plan

- This activity is usually utilized for someone in crisis.
- Begin to normalize safety is for everyone.
- Identifying ways to make sure you are safe is beneficial to your overall well-being.
- May be beneficial to create to get through various difficult experiences in life.
- Share this with someone if needed. Always great to give someone you trust a copy of yours.
- Keep this near if you need a quick reminder.
- Practice!
's Safety Plan

Today's Date:

Step 1: Warning Signs of a Crisis
1. 
2. 
3. 

Step 2: Activities I Can Do By Myself to Try to Take My Mind off of Things
1. 
2. 
3. 

Step 3: Taking My Mind off of Things
PEOPLE I CAN GO TO:
1. Relationship:
   Phone #:
2. Relationship:
   Phone #:
3. Relationship:
   Phone #:

PLACES I CAN GO TO:
1. 
2. 

Step 4: People I Can Call for Help
1. Relationship:
   Phone #:
2. Relationship:
   Phone #:
3. Relationship:
   Phone #:

Step 5: Ways That Supportive People Can Help Me Stay Safe
1. 
2. 
3. 

Step 6: I Can Call These Very Important Phone Numbers
1. 
2. 
3. 

I Have Great Strengths To Help Me Get By
1. 
2. 
3.
Closing Question

- Feedback; Experience?
- How did you feel doing this activity?
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