


Self Care Moment

GOOD
VIBES



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 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

I Have Great Strengths To Help Me Get By

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. _____

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>



*be good to
yourself*