Self Care Moment

Presented by CSUEB Counseling Services
“Yoga/Movement”
THE LOVE AND ATTENTION YOU ALWAYS THOUGHT YOU WANTED FROM SOMEONE ELSE IS THE LOVE AND ATTENTION YOU FIRST NEED TO GIVE TO YOURSELF

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Agenda for Today

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

Suggested Materials:

- Handout
- Open Space
- Open Mind
- Possibly gentle music
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.
Today’s Tool: “Yoga/Movement”

- Yoga benefits increase body awareness, strength, decrease stress, depression, and anxiety.
- Important to move your body
- Various free resources online
- Go at your own pace
- Meditation and mindfulness
- Can be a learning journey with life teachings
Today’s Tool: “Yoga/Movement”
Closing Question

- How did it feel to move your body?
- 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