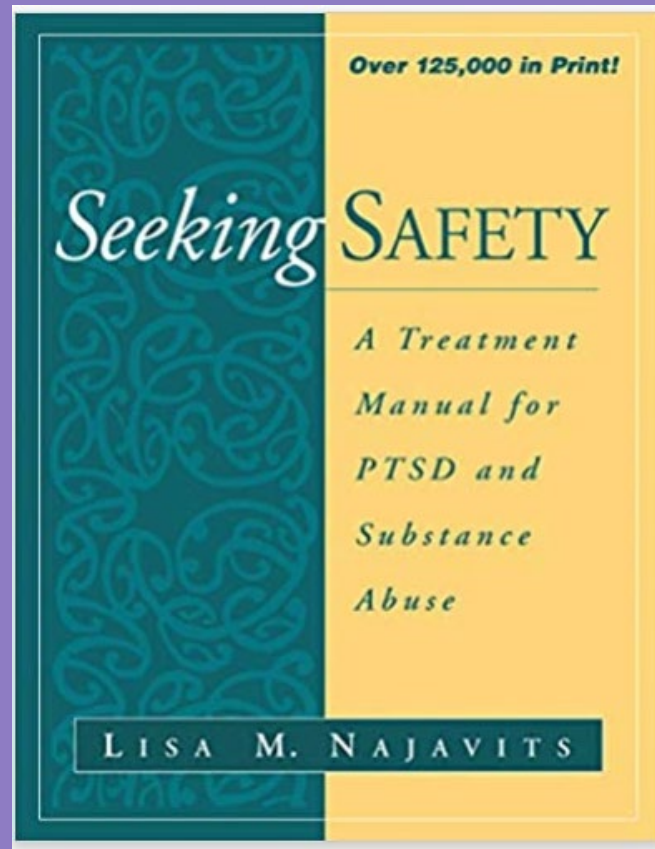


Rising Strong Discovery

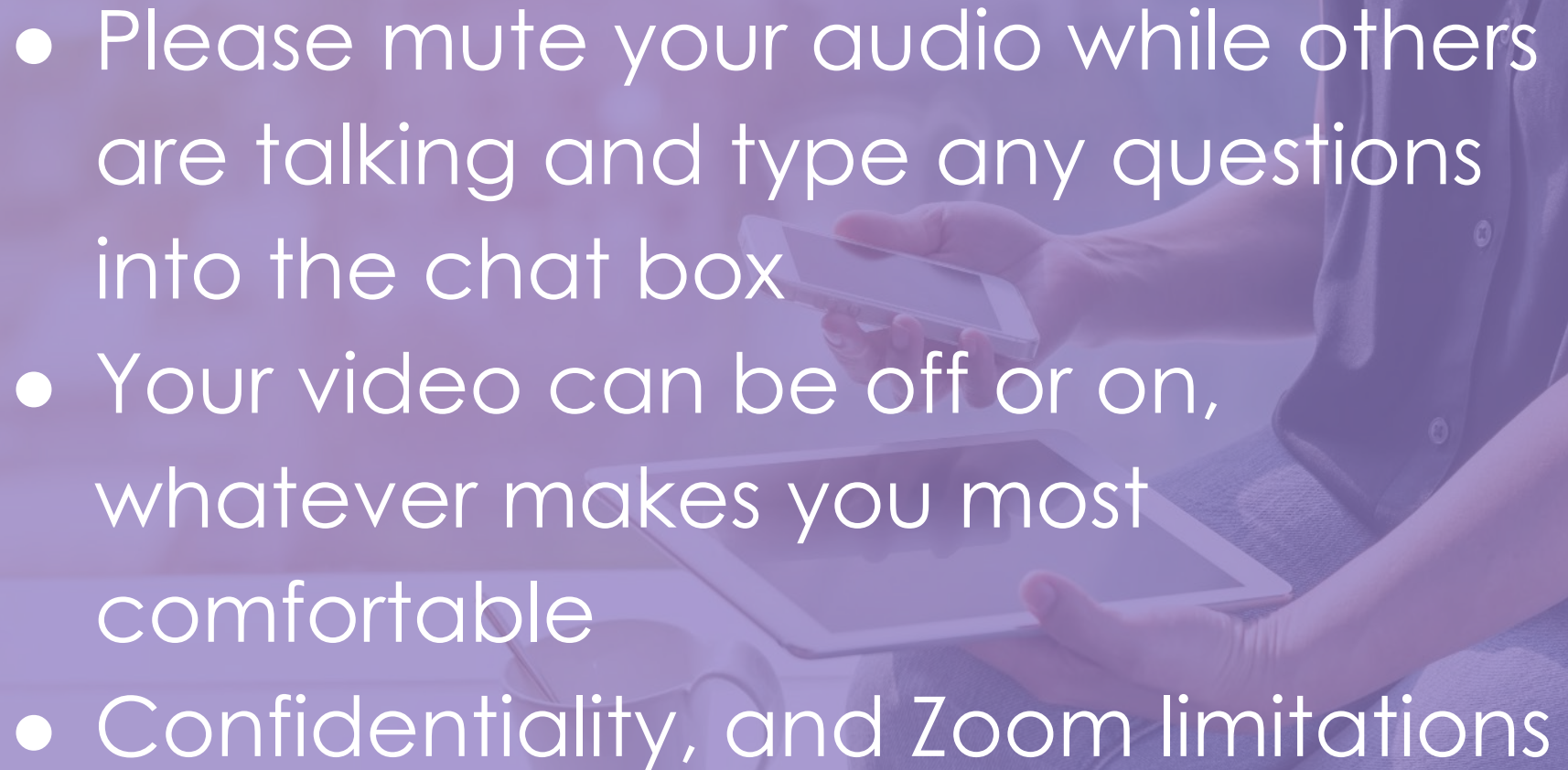


Presented by
Student Health and Counseling Services

Coping Skills Curricula taken from Seeking Safety by Lisa M. Najavits

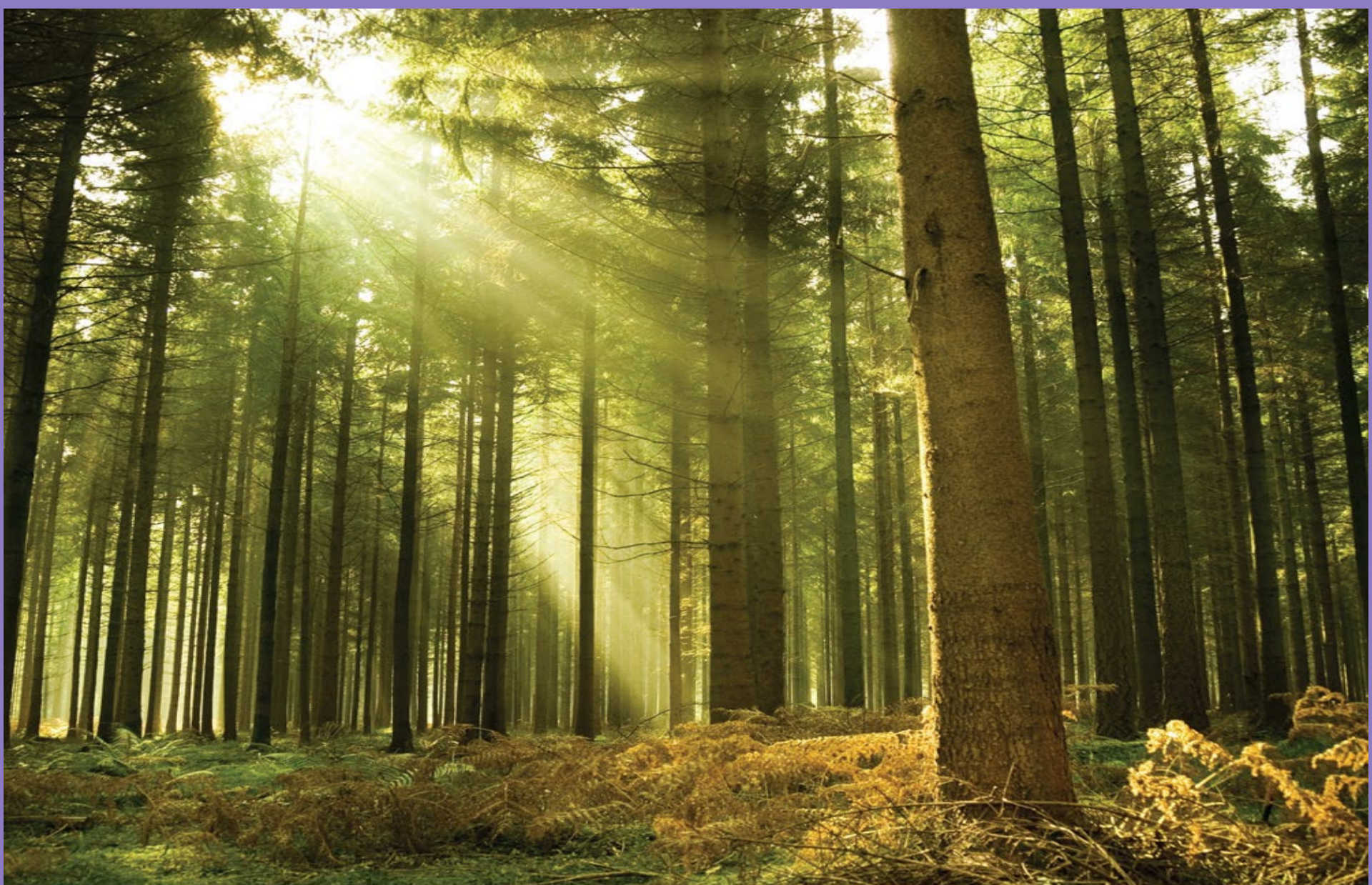


Zoom Guidelines

- Please mute your audio while others are talking and type any questions into the chat box
 - Your video can be off or on, whatever makes you most comfortable
 - Confidentiality, and Zoom limitations
- 
- A person is sitting at a table, holding a tablet computer. In front of them is a white mug with a straw. The scene is overlaid with a semi-transparent purple gradient. The text 'Zoom Guidelines' is at the top, and a list of three bullet points is in the center. The background shows a person's hands and arms, suggesting they are using the devices.

Community Agreements

- Push yourself to participate
- Focus on your own experience
- Share headlines, not details
- Step forward, step back
- Ask others before giving them feedback
- Assume positive intent from others
- Take responsibility for your needs



LIGHT STREAM RELAXATION
FRANCINE SHAPIRO

Check in: How are you (weather analogy)?

What safe coping skill did you use this week?

Safe Coping Skills

- **Ask for Help** - reach out to someone safe
- **Cry** - let yourself cry. It will not last forever.
- **Choose self respect** - do the thing that will make you like yourself tomorrow
- **Take good care of your body** - eat right, exercise, sleep, practice safe sex . . .
- **Compassion** - listen to yourself with respect and care
- **Structure your day** - a productive schedule keeps you on track & connected with the world
- **Inspire yourself** - carry something positive (eg. poem) or negative (eg. picture of friend who overdosed)
- **Detach from emotional pain** - grounding
- **Setbacks are not failures**
- **Watch for danger signs** (red and green flags) - face a problem before it becomes huge

Quote of the Day:

“Life is never what one dreams. It is seldom what one desires, but, for the vital spirit and eager mind, the future will always hold the search for buried treasure and the possibility of high adventure.”

-Ellen Glasgow (20th c. American novelist)

Discovery vs. Staying Stuck

“Discovery”

- Finding out, learning from experience, adapting, curiosity, openness, moving forward, growth
- Metaphors: Children, explorers, scientists, artists, detectives
- Explore, find out, have fun in trying new things

“Staying Stuck”

- Assuming, avoiding, rigid thinking, hiding, living in the past, being closed to the world

The Process of Discovery

1. Notice your belief: eg.

“I believe that if I tell my friend I’m angry with him, he’ll leave.” “I believe I have to make everyone happy.” “I believe calling a hotline will make me feel more depressed.” “I believe I’ll never get a job”

2. Find an image: that helps you discover eg.

An explorer, embarking on a journey

A detective, trying to find out

A child, interested and curious

An artist, playing with possibilities

A scientist, searching for the truth

OR your own image???

3. Try discovery: create a plan to actually find out if your belief is true.

How to Find Out if Your Belief is True

Ask people

Check your belief by hearing what others think of it. The more people you ask, the better so you can see what kind of agreement you have about the belief.

Eg. “if I let myself cry, I’d never stop.”

Try it and see

Try doing something and see what happens. Go for it. Even if you don’t get the outcome you want, at least you are moving forward.

Eg. Belief that “My roommate won’t be willing to stop using marijuana if I ask him”

Predict

Comparing what you *think* will happen vs. what actually happens.

Eg. “No matter how hard I try, I’ll never learn how to use my computer.”

Act as if

Trying on a more positive belief to see how it feels. Esp can be helpful in situations where you can not find the truth.

Eg. “Act as if you like yourself” or “Act as if the person who cut you off was in a desperate situation,”

Role playing

- Let's try to do discovery together from an example from your own life (write in the chat or share aloud a belief that you may want to try discovery with)?

Coping with Bad News

If you try discovery and you get negative feedback try to:

1. Give yourself credit: you had courage, were brave, open and on the right path by trying discovery
2. Figure out, What's the worst that can happen? For eg. you may lose a friend but gain self respect.
3. Never take it out on yourself
4. Remember that negative feedback is just information: if you listen to it you can learn much even if it's painful.

Discussion and commitment

- Have you made any discoveries recently you would like to share?
- What is one belief you can identify that is keeping you stuck that you want to do some discovery on?
- What are you taking from group/ 1 commitment?

Additional Resources

- Apps: WYSA, MoodMission, Shine, Happify, Calm, MindShine, QuitThat!
- Counseling Groups throughout every week
- YOU@East Bay is a 24/7, confidential, digital resource hub with personalized content centering on well-being and student success.
- Pioneers for HOPE - support with food and housing. Follow them on Instagram: @Pioneersforhope
- Follow us on Instagram - @eastbayshcs
- [Feedback form](#)

Thank you for joining us!

- Remember to try to act like a detective and explore your negative beliefs!
- Practice the Lightstream Technique
- We hope to see you again next week!

