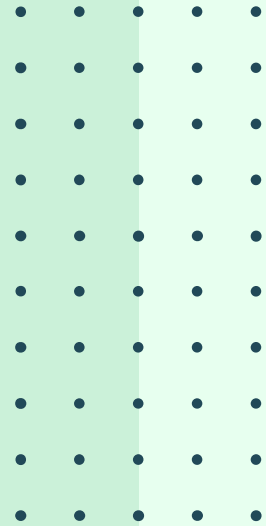


Rising Strong

Red & Green Flags



Presented by *Student Health and Counseling Services*

Body Scan Meditation

Body Scan in **Five Steps**

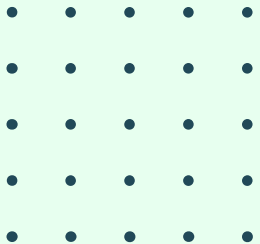
Taking comfortable position

Starting deep breathing

Scanning each part of the body

Managing tension

Focusing on your body as a whole



Zoom Guidelines

01. Please mute your audio while others are talking and type any questions into the chat box

03. Confidentiality & Zoom limitations

02. Your video can be off or on, whatever makes you most comfortable

04. Any other suggestions?

Community Agreements:

1. Push yourself to participate
2. Focus on your own experience
3. Share headlines, not details
4. Step forward, step back
5. Ask others before giving them feedback
6. Assume positive intent from others
7. Take responsibility for your needs
8. Other suggestions?

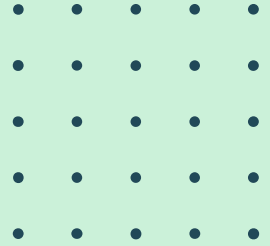
Weekly Check In

Review: Setting + Stretching Boundaries

How are you (*weather analogy*)? | What coping skill did you use this week?

- ✓ Ask for Help
- ✓ Cry
- ✓ Choose self respect
- ✓ Take good care of your body
- ✓ Compassion
- ✓ Create a new story
- ✓ Structure your day
- ✓ Trust the process
- ✓ Reframe setbacks
- ✓ Focus on now

Chapters of My Life



Chapter 1: I walked down the sidewalk and fell into a deep hole. I couldn't get out and I couldn't figure out why. It wasn't my fault. It took a long time to get out.

Chapter 2: I walked down the sidewalk and fell into the same hole again. I couldn't understand. It wasn't my fault. I really had to struggle to get out.

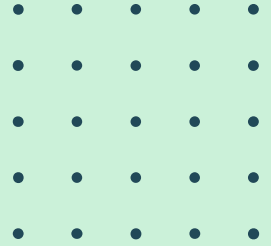
Chapter 3: I walked down the sidewalk and fell into the same hole again. This time I understood why and it was my fault. This time it was easier to get out.

Chapter 4: I walked down the sidewalk and saw the same big hole. I walked around it. I didn't fall into that hole.

Chapter 5: I chose another sidewalk.

- Portia Nelson (20th-century American writer)

Signs of Danger versus Safety



Red and green flags are emotional, physical and behavioral cues that speak to us about our danger or safety

Listen to the messages your behaviors, body and emotions are sending you!

Red Flags- Danger

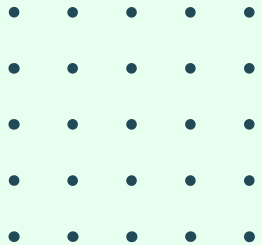
Isolation
Not taking care of my body (food, sleep)
Fights with people
Too much free time
Destructive behavior
Feel stuck
Lying
Negative feelings acted out
Canceling treatment sessions
Stop taking medications as prescribed (either too much or too little)
Passive ("Why bother?")
Cynical/negative
Not fighting PTSD symptoms (e.g., dissociation, self cutting)
Not learning new coping skills
Become physically sick
Believe treatment is unnecessary
Spend time with people who use unhealthy coping
Cannot hear feedback
Too much responsibility
Think people are trying to make me look and feel bad
Stop caring; stop trying
Arrogant euphoria
Absent from work or school

Green Flags- Safety

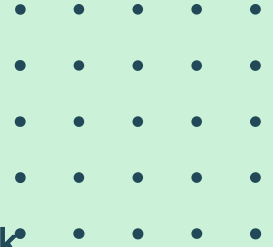
Spending time with supportive people
Taking care of my body
Able to get along
Structured schedule
Behavior under control
Feel I'm moving forward
Honesty
Negative feelings expressed in words
Attending all treatment regularly
Taking medications as prescribed
Active coping realistic/positive
Fighting PTSD symptoms (e.g., grounding, rethinking, etc.)
Learning new coping skills
Stay physically healthy
Believe treatment is necessary
Spend time with "healthy" people
Listen to feedback
Appropriate responsibility
Feel okay around people
Care and try
Appropriate concern
Attending treatment regularly

Reflecting on our History

- What would you add to this list as your red or green flags?
- Which red/ green flags are most prominent for you?

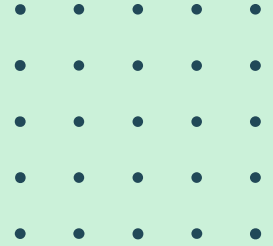


Key Points about Red and Green Flags



- Red flags are messages of distress: when your red flags occur, do you think you hear them as messages of distress?
- Remember BUDDING (Building up to Danger). It is a window of opportunity to help self from sliding downward and actively cope with them.
- Listen to “whispers” before it becomes “screams”. Safety plan helps identify warning signs. The earlier you respond, the better.
- Help from others is essential if danger escalates
- As danger increases, so does acting out rather than talking (like a child)
- Notice spiraling- or snowballing positive and negative

Create a Safety Plan



Take a few minutes to think about your safety plan

Mild danger (starting to show distress)

Eg. getting cynical, eating poorly, aches, etc.

Moderate danger (getting serious- watch out)

Serious danger (emergency)

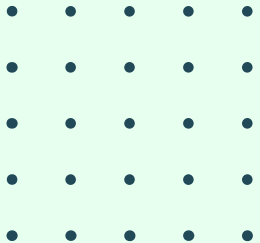
Safety Plan: What I will do to stay safe

Eg. journaling, tell friend about it, meditations/ breathing, attend therapy, do something soothing for our body, etc.

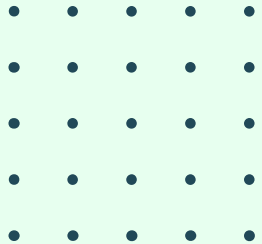
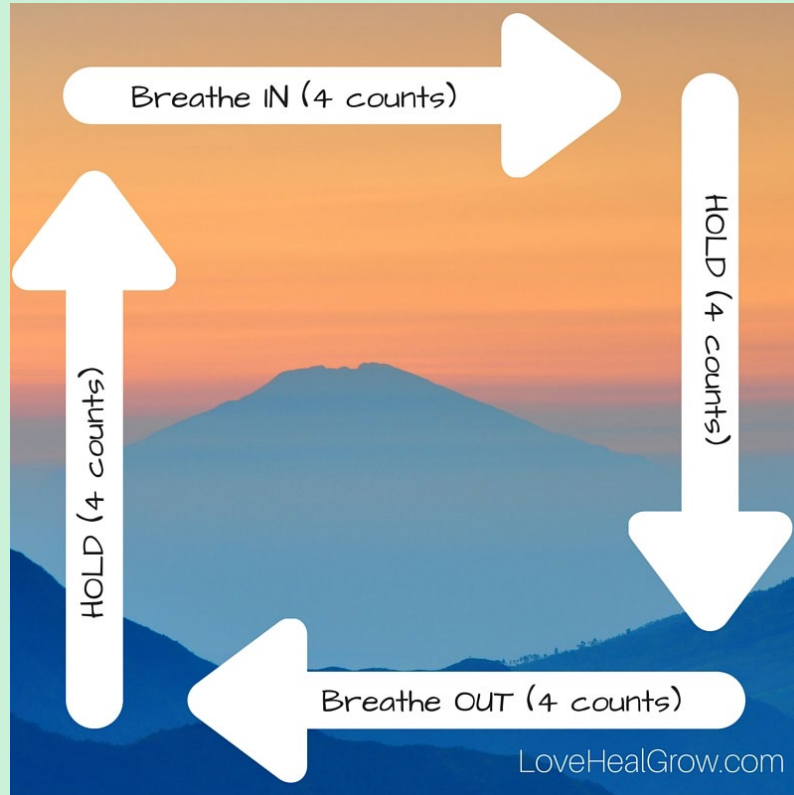
Green flags

What are your green flags and how can you do more of that in order to keep yourself healthy?

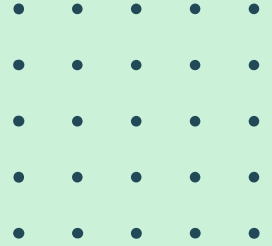
Eg. crying, asking for support, time with safe friends, butterfly hug, yoga, etc.



Square Breathing



Reflect & Debrief



Check Out Question

Share 1 thing you are taking away from the group or 1 green flag activity you can do this week

Next Week: Commitment

Additional Resources

- **Apps:** Wysa, MoodMission, Shine, Happify, Calm, MindShine, QuitThat!
- **Counseling Group** throughout the week
- **Student Wellness Resources** (linked in QR code)
- **Student well being:** Basic needs
- **Pioneers for HOPE** support with food and housing
: @Pioneersforhope
- **SHCS Instagram-** @eastbayshcs

