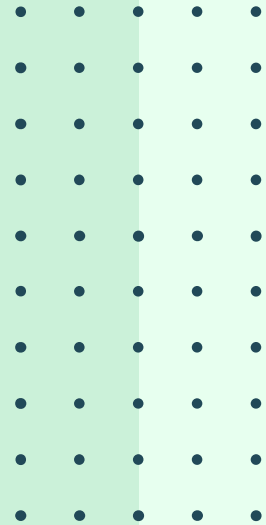


# Rising Strong

## Commitment

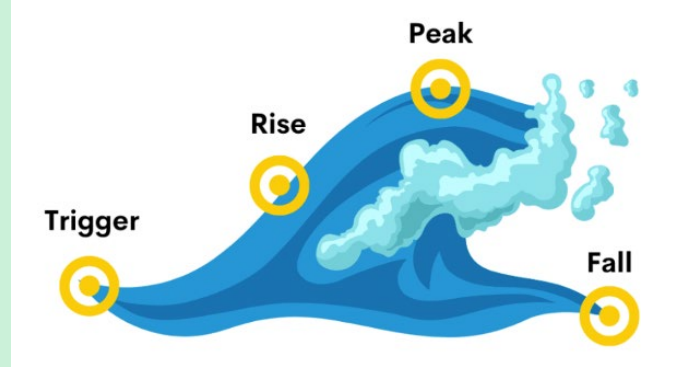


Presented by *Student Health and Counseling Services*

# Urge Surfing

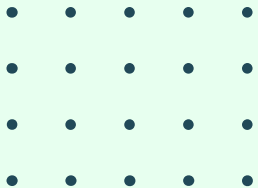
## How to Practice Urge Surfing

1. Acknowledge you are having an urge.
2. Notice your thoughts and feelings without trying to change or suppress them. Note: It is normal to feel some discomfort during an urge.
3. Remind yourself... It is okay to have urges. They are natural reactions to addictions and habits. Some discomfort is okay. I don't have to change it. An urge is a feeling, not a "must." I can have this feeling and choose not to act. An urge is temporary. Like any other feeling, it will pass on its own.



## Other Skills Managing Triggers

- Know your triggers a head of time, and have a strategy or skill prepared for each one.
- Examples: deep breathing if stressed, eating if hungry, leaving a location if it is high risk
- Delay & Distraction Do something to take your mind off the urge. Every minute you delay increases the chance of the urge weakening on its own. Examples: go for a walk, listen to music, call a friend, read a book, practice a hobby



# 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?

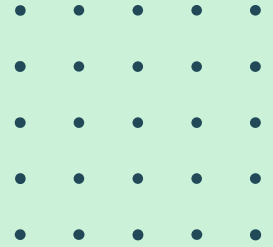
# Weekly Check In

Review: Red & Green Flags

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

# Overcoming Emotional Blocks



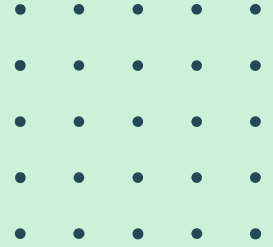
Identify feelings that get in the way of completing commitments:

- Overwhelmed eg. “I’m not capable”
- Hopeless eg. “why bother?”
- Perfectionistic eg. “I’m not ready to start” “It won’t be good enough”
- Other feelings\_\_\_\_\_

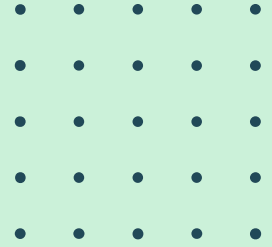
# Overcoming Emotional Blocks

## Tip s

- Commitment means doing what you say no matter what you are feeling
  - Eg. Red traffic light (you have to stop), stopping for gas
  - Do it even if you don't feel like it
- Your own goals, not someone else's.
- When people say "I'll try my best" it often means "I'm not really committed to this."
- A small goal that's actually accomplished is worth more than a large goal that you just "try" to do.
- Forget about what you didn't do yesterday. Even if you failed 100 times, it's only right now that matters.
- Use sheer persistence to fight feelings that get in the way. If you keep moving forward, eventually these feelings may go away.
- Make your goals concrete and simple. Be very honest with yourself about what you can do. Stay realistic.
- Pretend you are someone who gets things done.



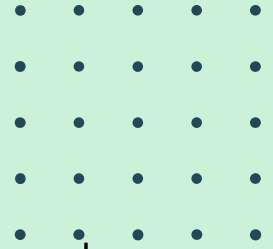
# More Overcoming Emotional Blocks Tips



- Everything is a problem to be solved. It is not your identity, your self-worth, a sign that you're not normal, or stupidity.
- An old saying is "A good plan today is better than a perfect plan tomorrow."
- When it gets painful, restate your commitment.
- Even if you seem to be moving three steps forward and two steps back, you're still a head by a step.
- If you don't totally accomplish your goal, you can still feel good if you got further on it than before.
- You can also try to figure out why you're having problems-old feelings from the past? Unexpressed anger?
- But remember that figuring it out is not a substitute for action.

Other Strategies?

# Words for Self -Commitment



How could your life be improved by tending to the following words

Dignity

Knowledge

Body

Respect

Attention

Safety

Love

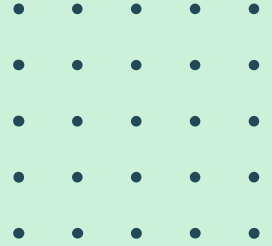
Physical

Effort

Self-Care



# Reflect & Debrief



## Check Out Question

Share 1 thing you are taking away from the group or 1 thing you will do to help you rise strong this week

Next Week:

Self - Nurturance

# 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
- **Feedback form** - share [link](#)

