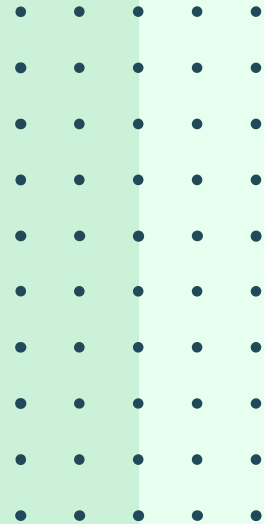


Rising Strong

Self-Nurturance



Presented by *Student Health and Counseling Services*



LOVING KINDNESS MEDITATION



SOFTEN

Find a comfortable space to sit quietly and take a few restorative breaths.

IMAGINE

Take a few moments to say the following statements to yourself and reflect on the meaning behind them.

- > May I be filled with loving-kindness.
- > May I be safe from inner and outer danger.
- > May I be well in body and mind.
- > May I be at ease and happy.

EXTEND

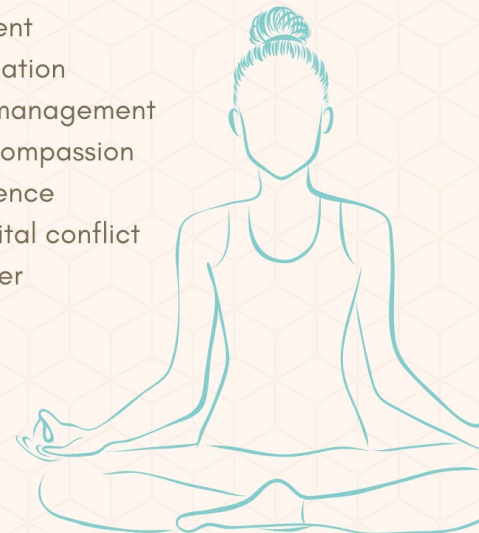
Think of a few people in your life that you love. Say the statements above one more time. Replacing “I” with “you” and imagine each of those individuals as you say each.

COMMENT WHO YOU ARE EXTENDING
THIS MEDITATION TO BELOW



Benefits of Loving-Kindness Meditation

- Pain management
- Emotional regulation
- Social anxiety management
- Improved self-compassion
- Increased resilience
- Decreased marital conflict
- Decreased anger



<https://self-compassion.org/>

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?

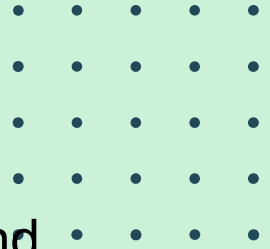
Weekly Check In

Review: Commitment

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

Self Nurture



Self-Care -- The practice of taking an active role in protecting and maintaining one's own wellbeing and happiness, in particular during periods of stress

Safe Self-Nurturing -- seeking fun, joy, comfort and pleasure in healthy ways and without excess

Unsafe Self-Nurturing -- seeking pleasure or comfort in an activity that causes you harm (legal, financial, social, personal)

Is self care and self nurturance easy for you? Why or why not?

Old Ways and New Ways of SelfCare

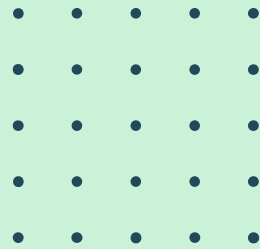
	Old Way	New Way
Situation	I have a toothache	I have a toothache
Your Coping	Not doing anything about it, Just put it out of your mind	Call Dentist Immediately. Say to myself, "Even though I wasn't taken care of as a child I need to do better now".
Consequence	It keeps getting worse, I feel miserable	This feels strange; I'm used to waiting until everything is in crisis but I know this was the best way to handle it.

-
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Old Ways and New Ways of Self-Nurturance

	Old Way	New Way
Situation	Had a conflict with my boss	Had a conflict with my boss
Your Coping	Went home, felt depressed. My thoughts were, "why can't I function like everybody else. This is my 3rd job in 2 years. I can't keep my mouth shut and get angry at the smallest thing." I smoked some pot.	Watch a video to take my mind off work, make myself a nice dinner and take my dog out for a run (all self-nurturing activities)
Consequence	Went to sleep early, woke up the next day feeling worse	Feel calmer, have more perspective

Structured Self Care Exercise



Take a moment to reflect and write out a structure of self-care to implement in the moment, and in the spaces between in your daily life.

- 3 things I need to pay attention to in the moment (e.g. tightness in chest, neg thought)
- 3 affirmations I can say to myself when confronted with a new challenge or difficult story (e.g. “remember your strength,” “you are doing your best”)
- 3 things I can do when I have a 10 minute break (e.g. close my eyes and focus on breath)
- 3 things I can do at the end of the day (e.g. take 10 conscious breaths or visualize a safe place)
- 3 things I can do at least once a week (e.g. journal reflection, experience nature, call a friend)
- 3 things I can do twice a month (e.g. consult with a mentor, get creative, play)

's Self-Care Plan!

MIND

BODY

SUPPORTIVE PEOPLE IN MY LIFE

I WANT TO ACCOMPLISH

SPIRIT



Self Care Plan by Social Work Tech | Ignacio Pacheco

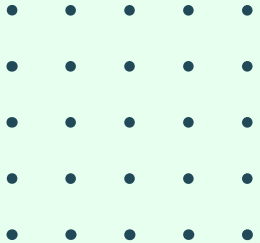
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Based on a work at socialworktech.com.

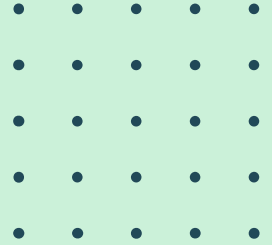
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Tree Grounding



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:

Final Review

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](#)

