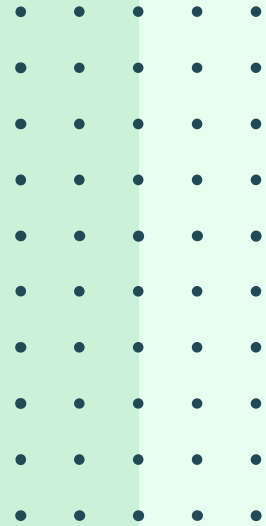


Rising Strong

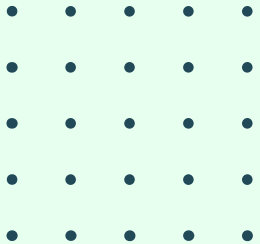
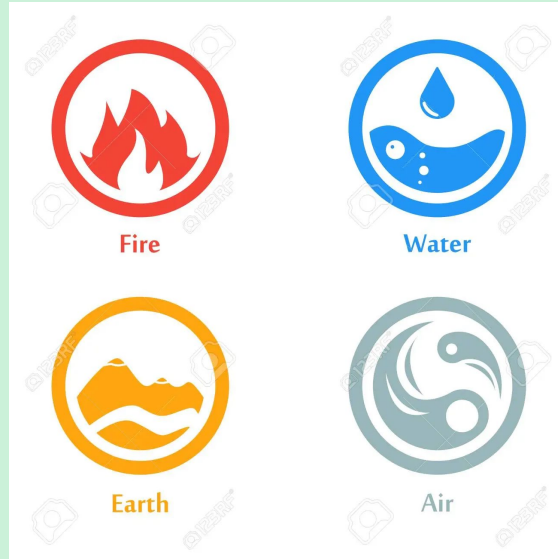
Week 9: Group Review



Presented by *Student Health and Counseling Services*

4 elements tools

Earth, Air, Water, Fire



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

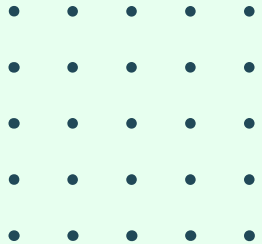
Review: Self Nurturance

How are you (*weather analogy*)? What safe vibing skill did you use this week?

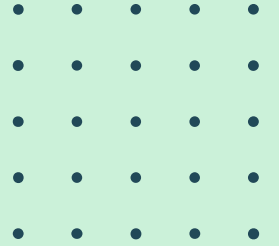
- ✓ Ask for Help
- ✓ Cry
- ✓ Choose self respect
- ✓ Take good care of your body
- ✓ Compassion
- ✓ Create a new story
- ✓ Structure your day
- ✓ Trust the process
- ✓ Reframe setbacks
- ✓ Focus on now

Review

Rising Strong Skills
overview



Rising Strong skills



Which of these skills has worked for me this year?

What are the situations where I've needed these skills?

Which new skills do I want to try as I approach the summer?

Stay Motivated

Inspire yourself- Carry something that reminds you of what's important to you or a quote to keep you motivated

Find rules to live by- Remember a phrase that works for you (e.g., "Stay real")

Create meaning - Remind yourself what you are living for: Your family? Your future self? Your children? Love? Truth? Justice? God? ...

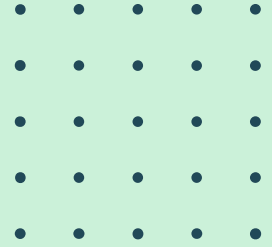
Expect growth to feel uncomfortable - If it feels awkward or difficult, you're probably doing it right

Take responsibility- Take an active, not a passive approach

Actions first, and feelings will follow- Don't wait until you feel motivated; start now

• • • • •

Create Healthy Options



Persist

Never, never, never, never, never give up

Choose self respect

Choose whatever will make you like yourself tomorrow

List your options

In any situation, you have choices

Talk yourself through it

Self-talk helps in difficult times

Imagine

Create a mental picture that helps you feel different

Detach from emotional pain

Practice grounding techniques. Change the channel.

Create a new story

You are the author of your life: be the hero who overcomes

adversity

Stay Active

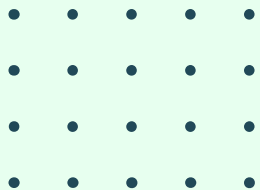
Setbacks are not failures- A setback is just a setback, nothing more

Create positive addictions - Put your energy toward things that keep you healthy and connected. Sports, hobbies, counseling groups ...

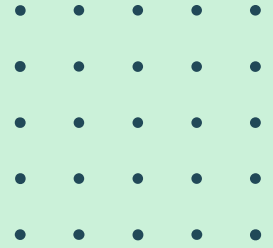
Fight the trigger - Take an active approach to stay in the window of tolerance

Pace yourself- If overwhelmed, go slower. If stagnant, go faster.

Get organized- You'll feel more in control with lists, "to do's" and a clean house



Make Healthy Connections



Ask for help
need.

Reach out to someone safe. Tell others what you

Practice honesty
them

Secrets and lying are unhealthy and can ruin relationships; honesty heals

Set a boundary
relationships

Say "no" to protect yourself, and "yes" to healthy

Seek understanding, not blame
judgmental.

Be curious about your reactions, not

Alone is better than a bad relationship

Reflect and Grow

Observe repeating patterns

Try to notice and understand how you may be re-enacting unhealthy patterns and getting the same negative results

Try to notice and understand how you may be re-

Examine the evidence

Evaluate both sides of the picture

Notice what you can control

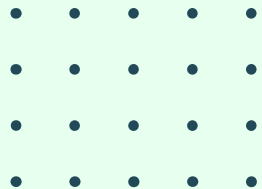
List the aspects of your life you do control

Replay the scene
wisdom.

Learn from the experience and seek

Review a negative event

What can you do differently next time



Build Emotional Tolerance

Cry - Let yourself cry; it will not last forever

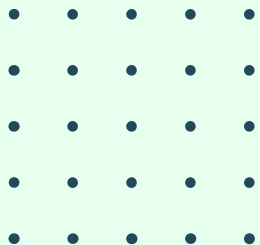
Tolerate the feeling- "No feeling is final", just get through it safely

Focus on Your Goals

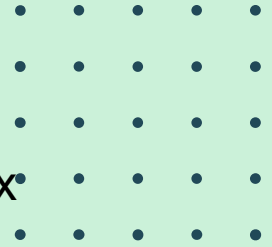
Plan it out- Take the time to think ahead- it's the opposite of impulsivity

Structure your day- A productive schedule keeps you on track and connected to the world

Think of the consequences- Really see the impact of your choices for tomorrow, next week, next year

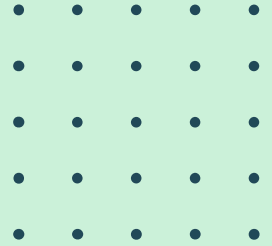


Take Good Care of Yourself



- Take good care of your body** Eat right, exercise, sleep, practice safe sex
- Practice self-compassion** Listen to yourself with respect and care, same as you would for a friend or loved one
- Prioritize healing** Focus on what matters
- Listen to your needs** Don't neglect yourself
- Practice soothing self-talk** Talk to yourself very gently, as if to a friend or small child
- Integrate the split self** Accept all sides of yourself; they are there for a reason
- Create new "tapes"** Literally! Take a video where you talk to yourself kindly

Reflect & Debrief



Reflect/
Debrief

Any last thoughts? Questions?
Reflections? Reactions?

Check Out
Question

1 thing you are taking away
from the group

Finishing Strong Support Group

Finishing Strong: Thriving on the Road to Graduation

Are you freaked out about "real life?"

Do you have mixed feelings about graduating?

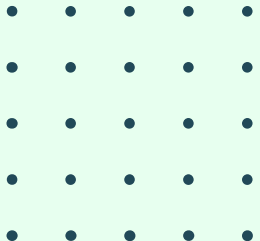
Come share your feelings, relate to others who are having similar experiences, and learn practical tips and tools for navigating the transition out of college.

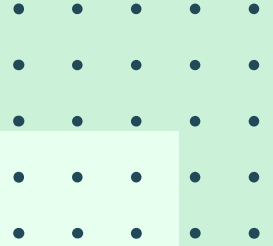
This group will run for three weeks in April- come to any or all sessions!

- • • • • Day and time: Mondays, 11am-11:45am
- • • • • Dates: 4/15, 4/22, 4/29
- • • • • Sign up on health portal: <https://health.csueastbay.edu/>
- • • • •
- • • • •

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](#)





Thanks for joining!

We hope to see you next semester!!

