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# Tools For Feeling — Better —

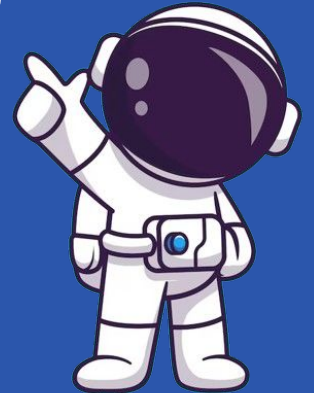
CSUEB COUNSELING SERVICES  
Week 2: Creating Meaning

# — Stretch Break —



# — Introductions —

Share your name, pronouns, year @ CSUEB, major & favorite food.



## 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

## 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



# 5-Min. Breathing — Meditation —

# — Quote of the Day —

“Watch your thoughts; they become your words. Watch your words; they become your actions. Watch your actions; they become your habits. Watch your habits; they become your character. Watch your character; it becomes your destiny.”

- Frank Outlaw, 20th Century Writer

# What Is Cognitive Behavioral Therapy?

“COGNITIVE BEHAVIORAL THERAPY (CBT)

is a talking therapy that can help you manage your problems by changing the way you think and behave. It's most commonly used to treat **anxiety** and **depression**, but can be useful for other mental and physical health problems.”

- National Health Service (NHS)



# Examples of Twisted Meanings: Emotions

## HARMFUL

“I’m crazy - I shouldn’t feel this way.”

“If I ignore this toothache, it will go away.”

“My life is pain.”



## HEALING

Honor your feelings

Attend to your needs

Cultivate a broad identity





# Examples of Twisted Meanings: Thoughts

## HARMFUL

“My family is right,  
I’m worthless!”

“I’m trapped  
repeating the same  
mistakes.”

“I can’t do anything  
right.”



## HEALING

Love, not hate,  
makes change

Notice your power

Notice the good



# Examples of Twisted Meanings: Actions

## HARMFUL

“I’m upset, I need to binge on food.”

“If I get the job, then I’ll stop smoking pot.”

“I feel depressed, so I might as well end my life.”



## HEALING

Build your tolerance and problem solving

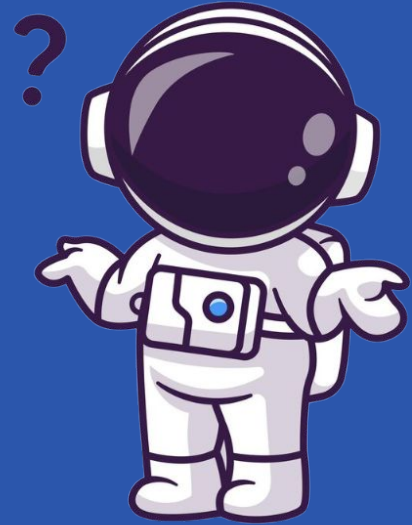
Stay in the present

Listen to what you know. Use your mind as a guide, not your feelings



# Next Time, Consider — The Following —

- What kind of character do you want to cultivate?
- What kind of destiny do you want to live out?
- Do your current coping, thoughts, and behaviors get you where you want to go?



# —Additional Resources—

- **CBT APPS**

Wysa, CBT Thought Diary, MindDoc: Your Companion, What's Up, MoodTools, Calm, Shine, Happify

- **COUNSELING GROUPS,**

students can participate throughout every week

- **PIONEERS FOR HOPE**

campus support with food and housing @pioneersforhope

- **INSTAGRAM**

Follow us @eastbayshcs

- **DOWNLOADABLE**

slides and group handouts available for students



# Thank You For — Joining Us —

Think about what skills you might want to practice from home this week:

- Be aware of the patterns you started to notice today in your thoughts and coping strategies.
- Feel free to join us again!

