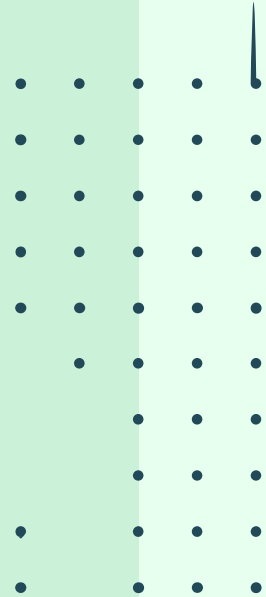
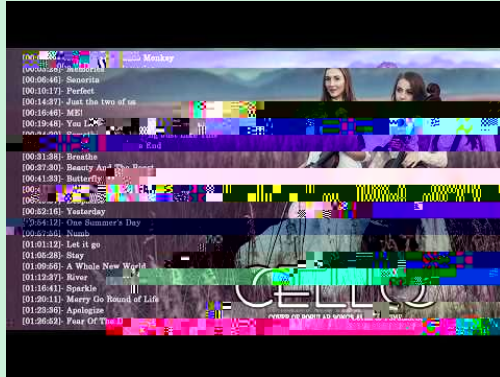


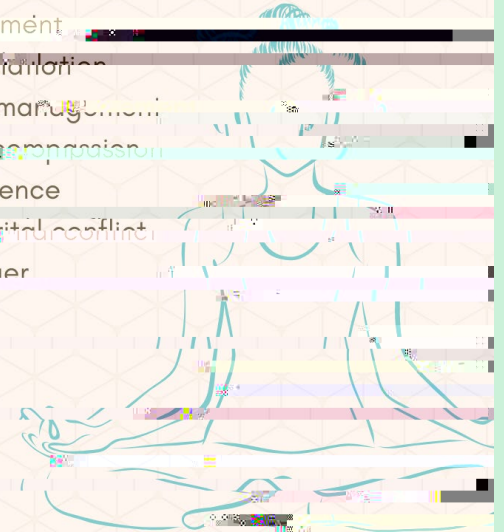
Rising Strong Self-Nurturance



Presented by *Student Health and Counseling Services*

Benefits of Self-Compassion

- 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

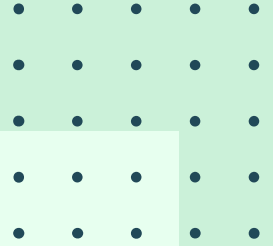
02. Your video can be off or on, whatever makes you most comfortable

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



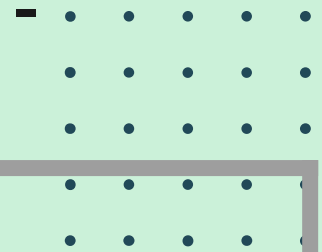
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Old Ways and New Ways of SelfCare

	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.

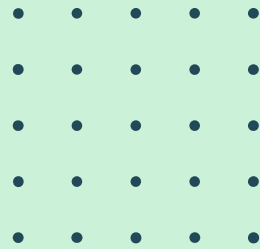
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Old Ways and New Ways of Self Nurturance



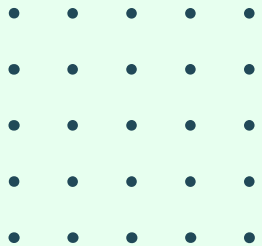
	Old Way	New Way
Situation	Had a conflict with my boss	Had a conflict with my boss
Your Coping		

Structured Self Care Exercise

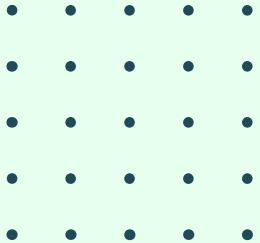
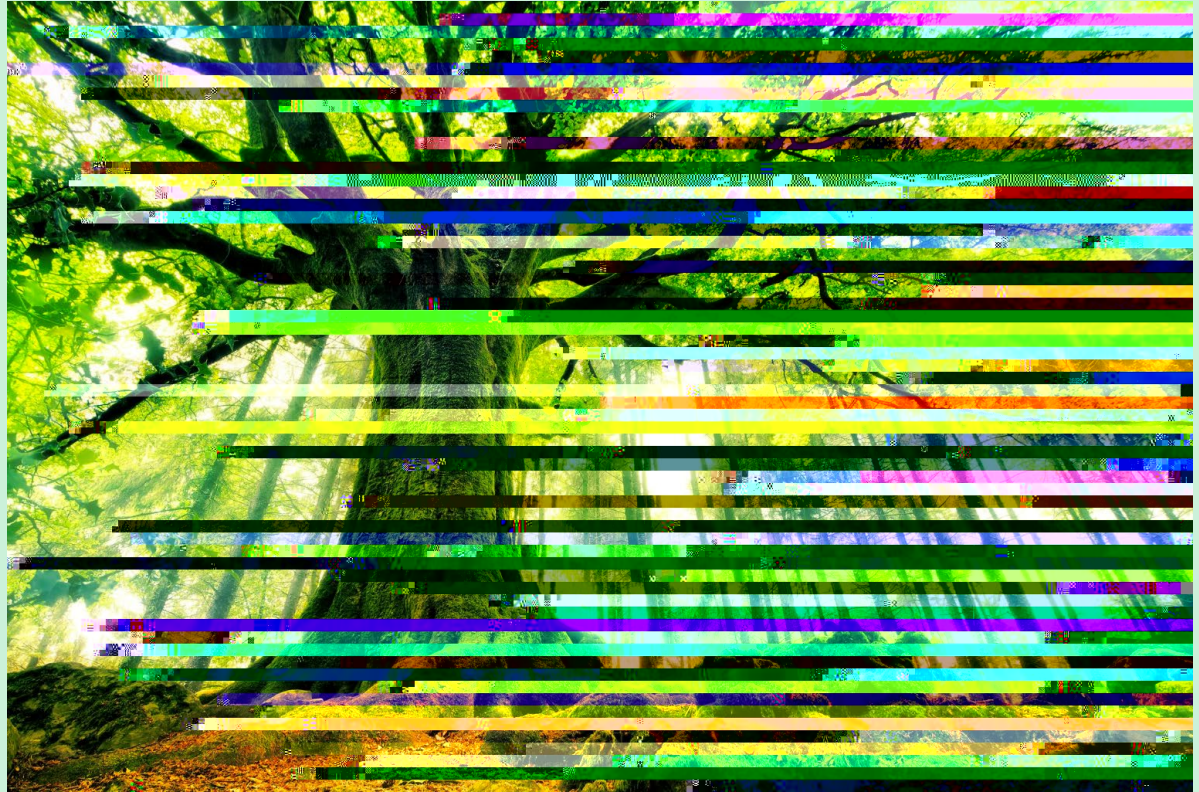


Take a moment to reflect and write out a structure of self-care to implement in the moment, and in the spaces between in your daily life.

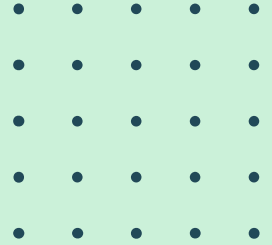
- 3 things I need to pay attention to in the moment (e.g. tightness in chest, neg thought)
- 3 affirmations I can say to myself when confronted with a new challenge or difficult story (e.g. “remember your strength,” “you are doing your best”)
- 3 things I can do when I have a 10 minute break (e.g. close 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)



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](#)

