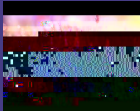


CALM

(Calming Anxiety,
Living Mindfully)

Presented by CSUEB Counseling Services
Week 1 - [Introduction to Anxiety](#)



A FEW ZOOM GUIDELINES

Please mute your audio 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

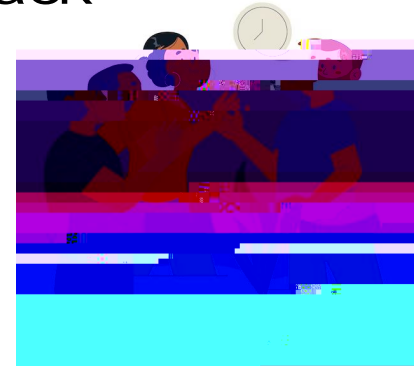
Share headlines, not details

Ask others before giving them feedback

Step forward, step back

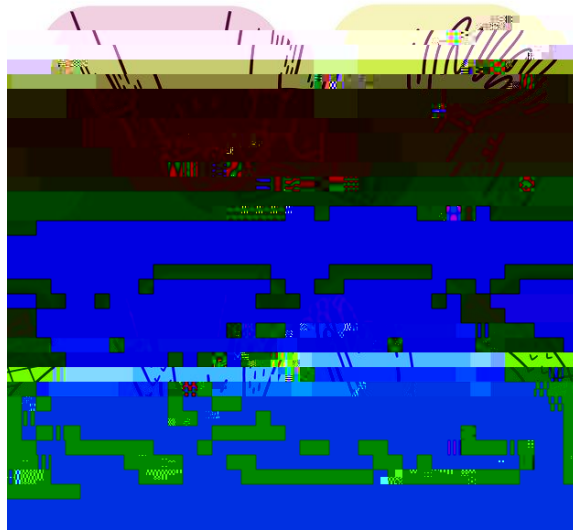
Assume positive intent from others

Take responsibility for your needs



INTRODUCTIONS

Share your name, year @ CSUEB, major
and a way you took care of yourself on the weekend



INTENTIONS FOR TODAY'S GROUP:

Practice Gratitude Meditation
Defining Anxiety
Understanding Anxiety vs. Fear
The Stress-Response
Diaphragmatic Breathing

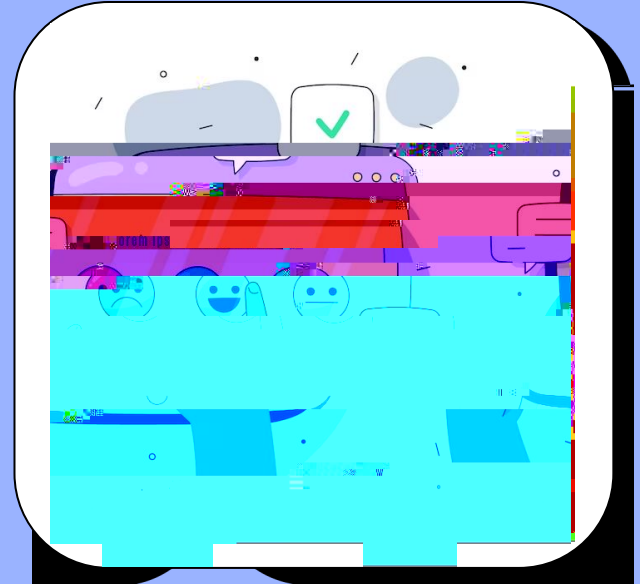
"Did you set
your intentions
today?"



CHECK-IN

My Anxiety Meter

1. Alert and awake, concentrating well
2. Mildly anxious and distressed
3. Moderately anxious and distressed
4. Quite anxious and distressed
5. Extremely anxious and distressed



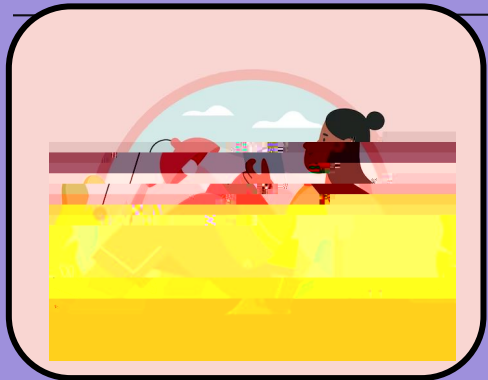






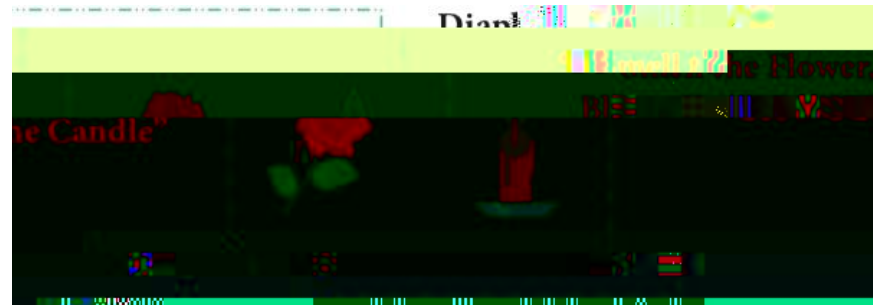
EXERCISE

Diaphragmatic Breathing



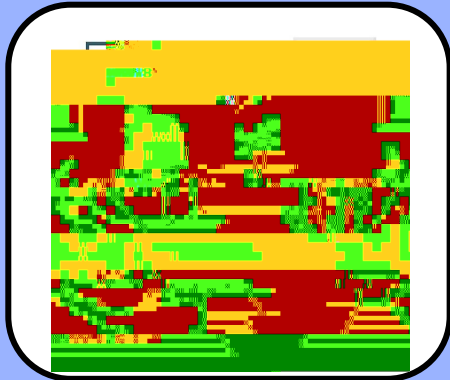
When was the last time you really felt "in the moment"?

Please take a moment to reflect on a time when you were truly present to the moment (not distracted, worried about future, or stuck in past).



EXERCISE

Let's Practice Diaphragmatic Breathing!



Place one hand on your upper chest and the other on your belly, just below your ribcage. Slowly breathe in through your nose, directing air toward your belly, so that your stomach expands. The hand on your chest should remain still, as the hand on your stomach rises.

When you breathe out, allow your stomach to fall inward, like a deflating balloon. Exhale through pursed lips- The hand on your belly should move down to its original position.

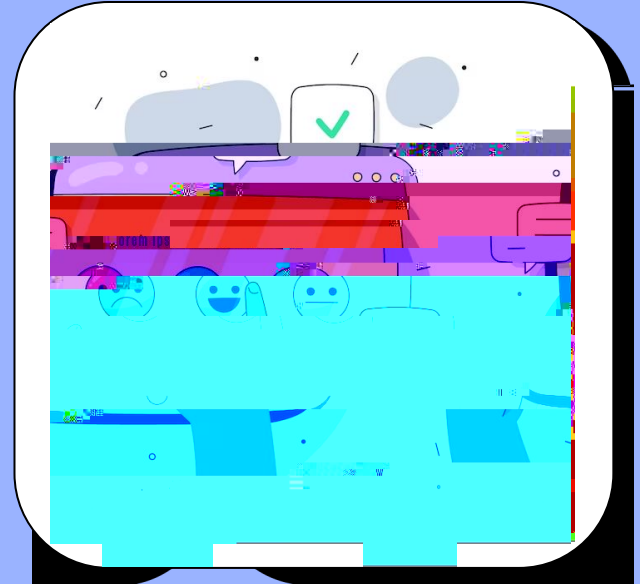
Then, start slowing down your breathing.



CHECK-IN

My Anxiety Meter

1. Alert and awake, concentrating well
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3. Moderately anxious and distressed
4. Quite anxious and distressed
5. Extremely anxious and distressed



ADDITIONAL RESOURCES

CBT apps: Wysa, Calm, Headspace, Thought Diary, Stop Panic and Anxiety, MoodMission, Shine, Happify <https://www.anxiety.org/>

Counseling groups throughout every week

Pioneers for HOPE - support with food and housing
@pioneersforhope

Follow us on Instagram - @eastbayshcs

Downloadable slides and group handouts



TAKE CARE!

Thank you for joining us today!

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

Diaphragmatic Breathing
Gratitude Meditation

It is best to practice these when you are not anxious, so that you have the routines in place when you are feeling overwhelmed.

See you next week!



