

INTRODUCTIONS

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

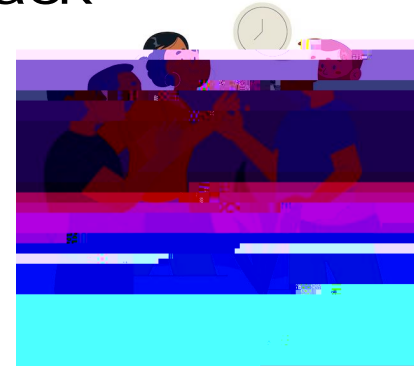
Share headlines, not details

Ask others before giving them feedback

Step forward, step back

Assume positive intent from others

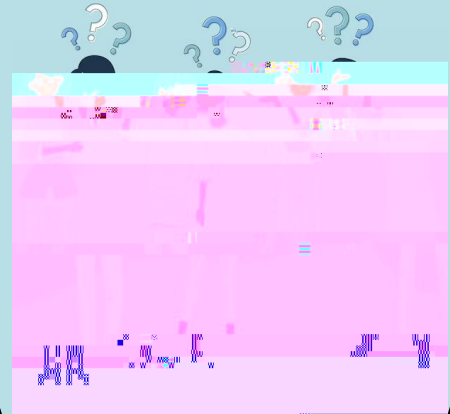
Take responsibility for your needs



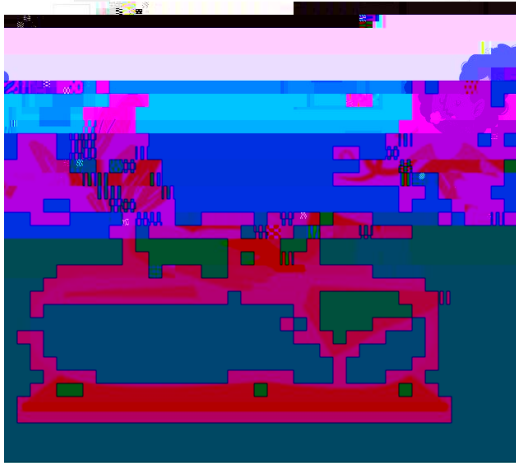
INTENTIONS FOR TODAY'S GROUP:

Practice Deep Breathing
Perception: CBT &
Acceptance Models
Challenging Thoughts
Practicing Acceptance

"Did you set
your intentions
today?"



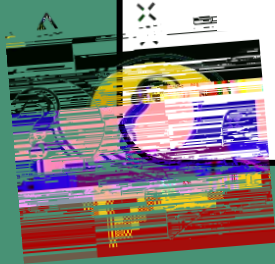
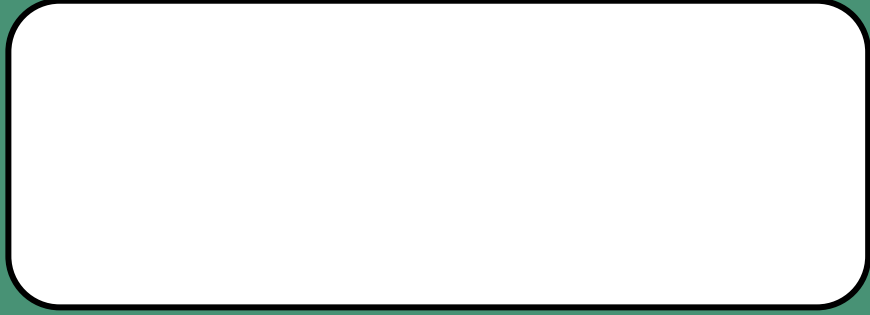
1. Alert and awake, concentrating well
2. Mildly anxious and distressed
3. Moderately anxious and distressed
4. Quite anxious and distressed
5. Extremely anxious and distressed



The Power of



The Power of Perception



“Automatic thoughts” include the thoughts and images that automatically pop into our minds. We can’t control our automatic thoughts, but we can decide what to do with them. We can choose to accept negative automatic thoughts as “just thoughts” rather than facts, or challenge unhelpful thoughts with more fair and honest ones.

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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

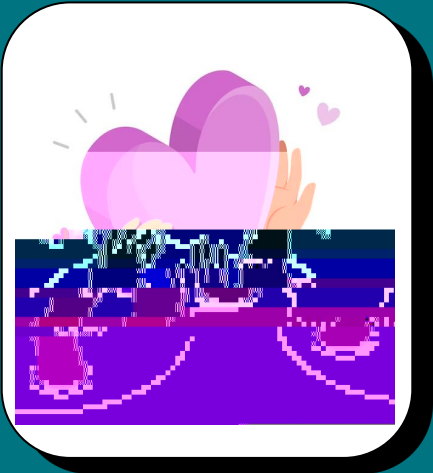
Pioneers for HOPE - support with food and housing
@pioneersforhope

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:

Deep Breathing

Challenging or Accepting Your Thoughts

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!

