

CALM

(Calming Anxiety,
Living Mindfully)

Presented by CSUEB Counseling Services
Week 6 - [Perception and Panic](#)



INTRODUCTIONS

Share your name, year @ CSUEB, major
and favorite activity to relax



COMMUNITY AGREEMENTS

Push yourself to participate

Focus on your own experience

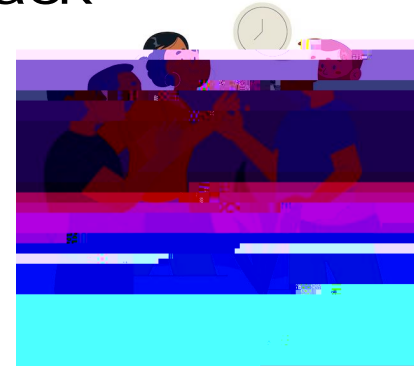
Share headlines, not details

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:

3-Minute Breathing Space Meditation

Perception & Panic

Hyperventilation Syndrome

Panic: Medical Realities and Common
Fears

What is grounding?

5-4-3-2-1

"Did you set
your intentions
today?"



CHECK-IN

My Anxiety Meter

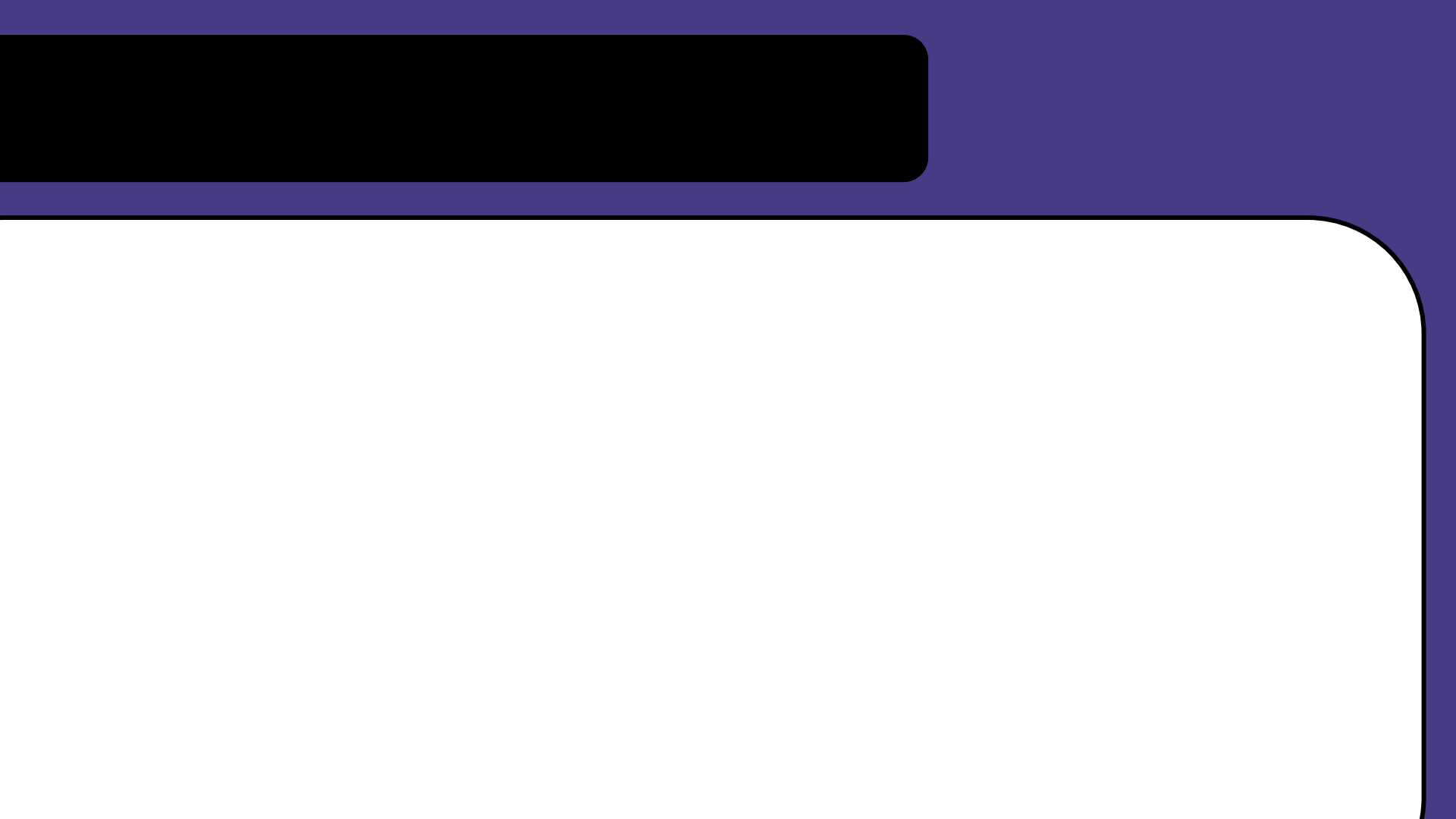
1. Alert and awake, concentrating well
2. Mildly anxious and distressed
3. Moderately anxious and distressed
4. Quite anxious and distressed
5. Extremely anxious and distressed



When having a panic attack, many people believe they can't breathe or are having a heart attack. This fear is understandable given the powerful symptoms stress hormones can temporarily create.

The American Psychiatric Association defines a panic attack as, *"an abrupt surge of intense fear or intense discomfort that reaches a peak within minutes, and during which specific symptoms occur."*

Understanding panic empowers you to catch misinterpretations, and see what is actually happening more clearly. Despite being very scary and uncomfortable, panic



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INFORMATION

What is "Grounding"?



Grounding techniques can help you disconnect from intense emotional pain in a healthy way, by: connecting with your environment, through your 5 senses, in the moment. By focusing on the external world, you can feel less swept away by panic, worry, or sadness and become more centered, stable, and "grounded."

Grounding skills give you the option and ability to "anchor" yourself to the present when being swept away with emotional pain or fear, or disconnected from yourself or the world. Grounding can be done anywhere, anytime!

EXERCISE: Grounding through the 5 Senses
VISION > TOUCH > HEARING > SMELL > TASTE

1. Alert and awake, concentrating well
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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

