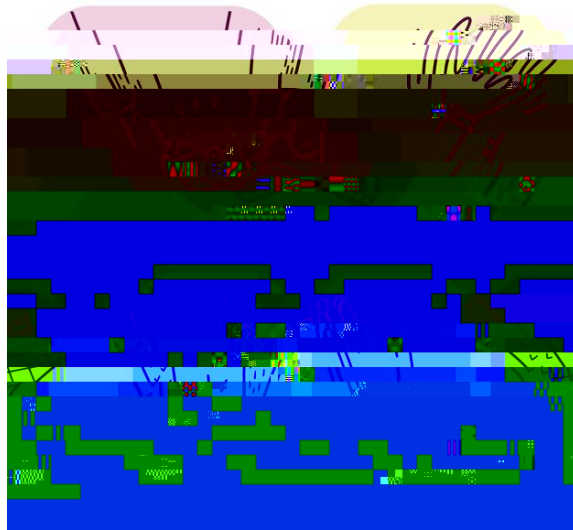


# INTRODUCTIONS

Share your name, year @ CSUEB, major and something that made you laugh this week







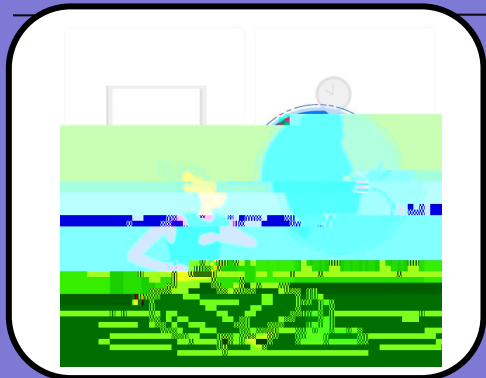




# EXERCISE

## Breathing Space Meditation

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We will start with a three minute meditation practice.

Minute 1: Awareness - becoming mindful of this moment. Reflect on the question, "What is my experience right now í thoughts í feelings í sensations?"

Minute 2: Gathering - mindfully focusing in on your breathing. Your breath can anchor you back to the present to find awareness and stillness.

Minute 3: Expanding - expanding focus to your whole body. Include your posture, facial expressions, every body part.

# DIALECTICAL WORLDVIEW

The term “dialectic” refers to comparing, or balancing, 2 things that seem contradictory.

Acceptance & Change are commonly discussed dialectics. Another example is Love & Hate. We can hold feelings of love and hatred for the same person, as often occurs with difficult family members.

Instead of trying to see the world through a lens of “this OR that,” it’s important to be able to





What is the best way to get out of quicksand? Is it struggling and fighting really hard?

No! If you fall into quicksand, struggling and fighting only makes you sink deeper.

# STEPS TOWARD CHANGE

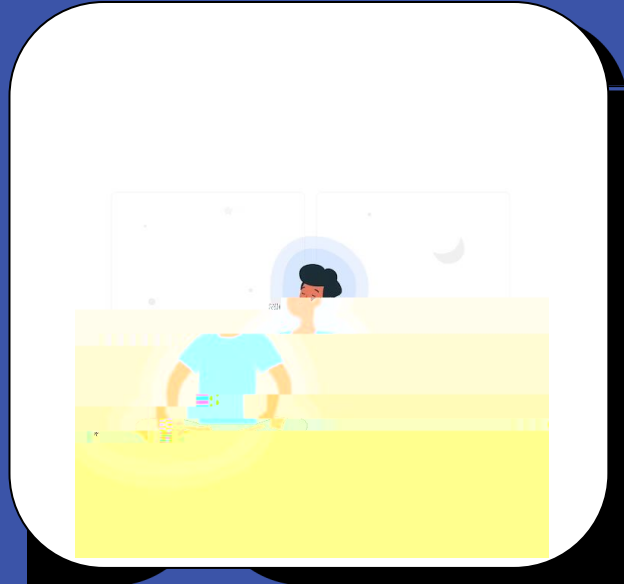
Please take a moment to consider accepting some area of your life that is affected by anxiety.

Then, consider steps you could choose to take toward change.

"I accept that anxiety affects me by \_\_\_\_\_."

"I could move toward change by \_\_\_\_\_."

Sharing these possible intentions helps to make them more real, and sometimes holds us accountable to trying. If you're not able to share them here today, consider talking to a friend about them later on.





Apps: Wysa, MoodMission, Shine, Happify, Calm, MindShine,  
QuitThat!

# TAKE CARE!

## Thank you for joining us today!

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

Breathing Space Meditation  
Working on your “Steps Toward Change”  
Self Acceptance Meditation

Continue practicing breathing and mindfulness techniques if you have found these to be helpful!

See you next week!



