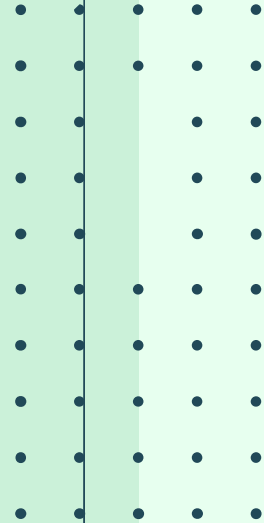


Rising Strong



Presented by *Student Health and Counseling Services*



Body Scan Meditation

Body Scan in Five Steps

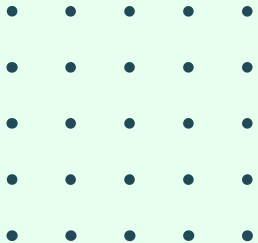
Taking comfortable position

Starting deep breathing

Scanning each part of the body

Managing tension

Focusing on your body as a whole



Zoom Guidelines

01. Please mute your audio while others are talking and type any questions into the chat box

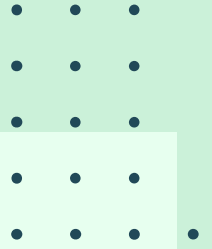
03. Confidentiality & Zoom limitations

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?



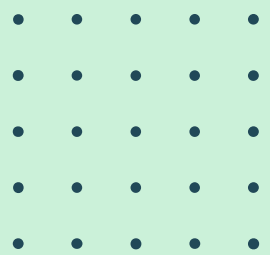
-
-
-

Red Flags- Danger

- Isolation
- Not taking care of my body (food, sleep)
- Fights with people
- Too much free time
- Destructive behavior
- Feel stuck
- Lying
- Negative feelings acted out
- Canceling treatment sessions
- Stop taking medications as prescribed (either too much or too little)
- Passive ("Why bother?")
- Cynical/negative
- Not fighting PTSD symptoms (e.g., dissociation, self cutting)
- Not learning new coping skills
- Become physically sick
- Believe treatment is unnecessary
- Spend time with people who use unhealthy coping
- Cannot hear feedback
- Too much responsibility
- Think people are trying to make me look and feel bad
- Stop caring; stop trying
- Arrogant euphoria
- Absent from work or school

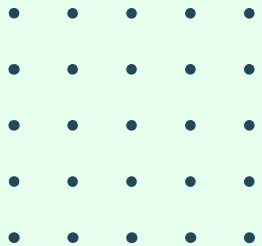
Green Flags- Safety

- Spending time with supportive people
- Taking care of my body
- Able to get along
- Structured schedule
- Behavior under control
- Feel I'm moving forward
- Honesty
- Negative feelings expressed in words
- Attending all treatment regularly
- Taking medications as prescribed
- Active coping realistic/positive
- Fighting PTSD symptoms (e.g., grounding, rethinking, etc.)
- Learning new coping skills
- Stay physically healthy
- Believe treatment is necessary
- Spend time with "healthy" people
- Listen to feedback
- Appropriate responsibility
- Feel okay around people
- Care and try
- Appropriate concern

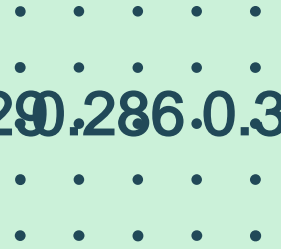


Reflecting on our History

- What would you add to this list as your red or green flags?
- Which red/ green flags are most prominent for you?



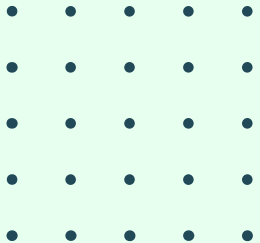
Key Points about Red and G2f/opn F5 reW n0.1290.286.0.34



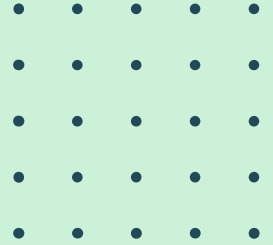
Green flags

What are your green flags and how can you do more of that in order to keep yourself healthy?

Eg. crying, asking for support, time with safe friends, butterfly hug, yoga, etc.



Reflect & Debrief



Share 1 thing you are taking away from the group or 1 green flag activity you can do this week

Next Week: Commitment

Additional Resources

Apps

