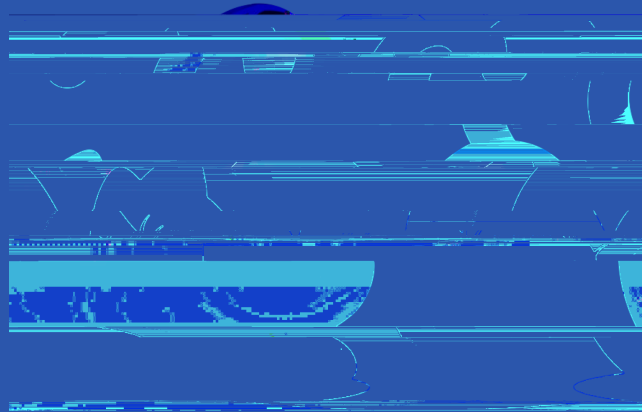


CAL
STATE
EAST
BAY

Tools For Feeling — Better —

CSUEB COUNSELING SERVICES
Week 2: Creating Meaning

— Stretch Break —

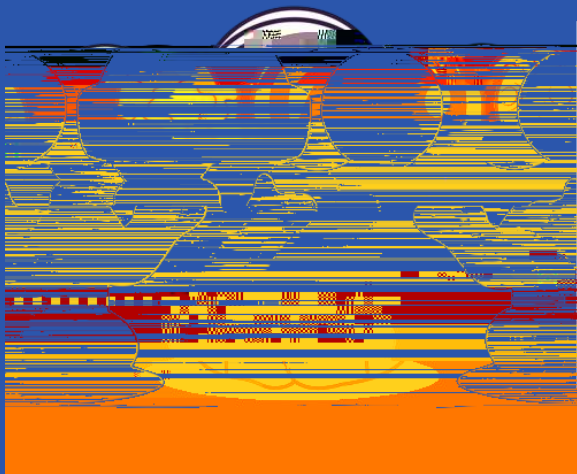


— Introductions —

Share your name, pronouns, year @ CSUEB, major & favorite food.



Push yourself to participate



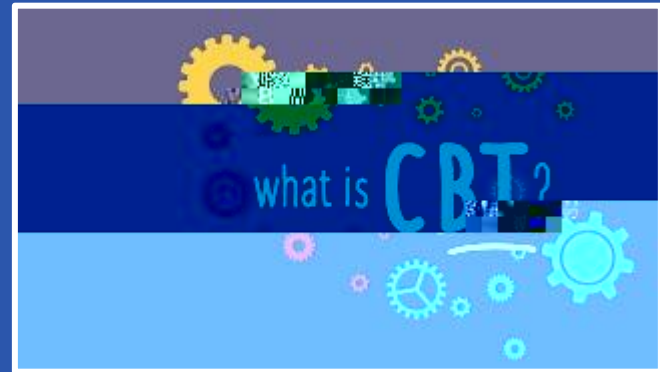
5-Min. Breathing — Meditation —



What Is Cognitive Behavioral Therapy?

"COGNITIVE BEHAVIORAL THERAPY (CBT) is a talking therapy that can help you manage your problems by changing the way you think and behave. It's most commonly used to treat **anxiety** and **depression**, but can be useful for other mental and physical health problems."

- National Health Service (NHS)



Examples of Twisted Meanings: Emotions

HARMFUL

"I'm crazy - I
shouldn't feel this
way."

"If I ignore this
toothache, it will go
away."

"My life is pain."

Examples of Twisted Meanings: Thoughts

HARMFUL

"My family is right,
I'm worthless!"





Next Time, Consider — The Following —



—Additional Resources—

CBT APPS

Wysa, CBT Thought Diary, MindDoc: Your Companion, What's Up, MoodTools, Calm, Shine, Happify

COUNSELING GROUPS,

students can participate throughout every week

PIONEERS FOR HOPE

campus support with food and housing @ pioneersforhope

INSTAGRAM

Follow us @ eastbayshcs

DOWNLOADABLE

slides and group handouts available for students



Thank You For — Joining Us —

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

Be aware of the patterns you started to notice today in your thoughts and coping strategies.

Feel free to join us again!

