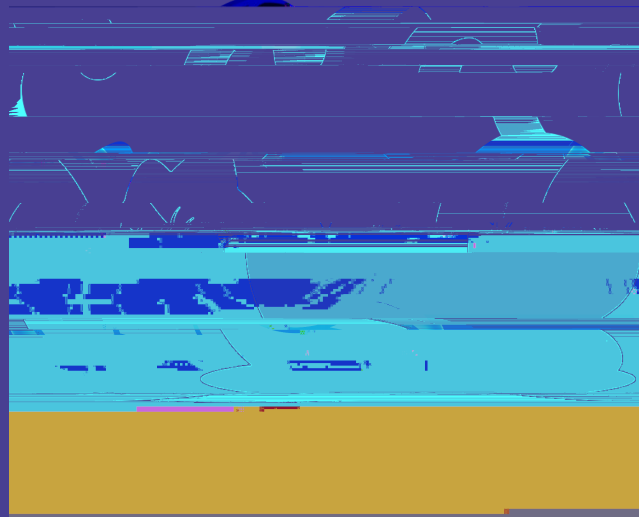




— Stretch Break —



Push yourself to participate

Focus on your own experience

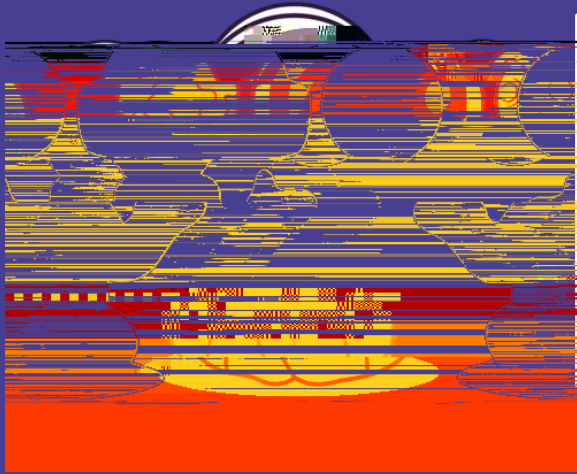
Share headlines, not details

Step forward, step back

Ask others before giving them
feedback

Assume positive intent from others

Take responsibility for your needs



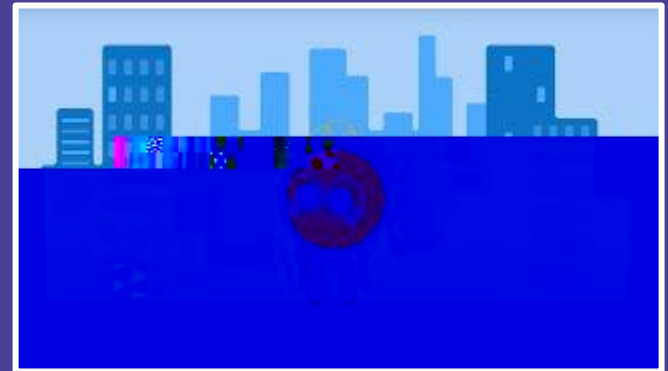
-Gratitude- Meditation

— What is Anxiety? —

Anxiety is an emotion that helps protect our physical, emotional, and social well-being. At the same time, anxiety can limit us and increase suffering. Here are a few definitions:

The American Psychological Association (APA): *"...an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure"*

Oxford Dictionary describes anxiety as: *"A feeling of worry, nervousness or unease about something with an uncertain outcome"*





What Changes	Adaptive Functions	
Faster, Stronger, Heartbeats	Brings more oxygen to muscles (to run or fight)	
Rapid Breathing	Brings oxygen to muscles	
Cold, Tingling, Lightheadedness, or Numbness	Blood moves away from hands/feet to major muscles. Lessens pain & bleeding. Hyperventilation creates lightheadedness & tingling	
Feeling Hot or Flushed	Blood is being pumped throughout your body	
Chest Tightness/Discomfort	Many reasons. Increased muscle tightness & breathing to prepare for action	
Stomach Aches and Nausea	Blood moves away from digestive system	
Shaking or Trembling	Muscles tense & active, ready to be used	
Muscle Tension		

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Diaphragmatic Breathing

When was the last time you really felt "in the moment"?

Please take a moment to reflect on a time when you were truly present to the moment (not distracted, worried about future, or stuck in past).

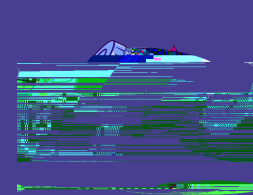
"Smell the Flower, Blow Out the Candle"

A foundational skill for mindfulness practice involves retraining ourselves to breathe, as we naturally did when we were babies. This was before we developed a habit of breathing in a more rapid and shallow way.

Take a deep breath and be calm.



Smell the flower



Blow out the candle

Let's Practice: Diaphragmatic Breathing



Diaphragmatic Breathing

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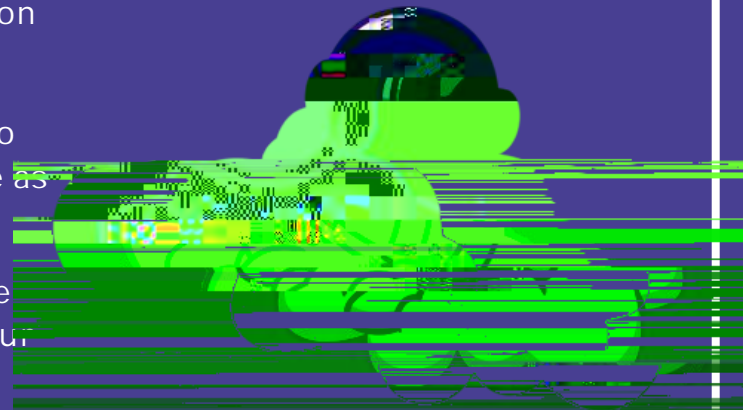
Tips for Practicing —At Home—

Lie on your back on your bed (or any flat surface) with your knees bent. Place a small pillow (or other light object) on your stomach, just below the ribcage.

Slowly breathe in through your nose, allowing air to go deeply toward your belly. The small pillow should rise as your chest remains still.

Allow your stomach to fall inward as you slowly exhale through pursed lips. Exhale fully. Let the pillow on your belly drop down to its original position.

Practice for five minutes or more, several times a day if possible



—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



