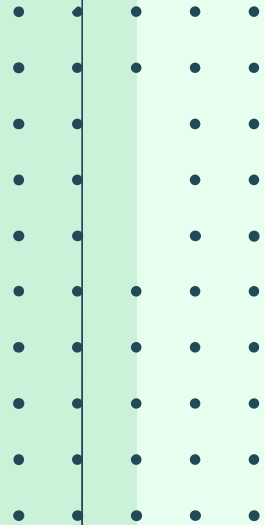


Rising Strong

Week 9: Group Review

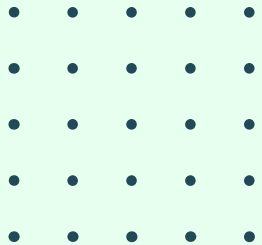


Presented by *Student Health and Counseling Services*



4 elements tools

Earth, Air, Water, Fire



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?

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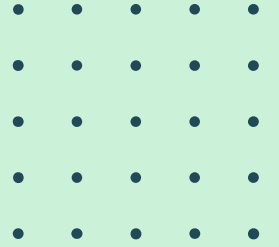
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Rising Strong skills



Which of these skills has worked for me this year?

What are the situations where I've needed these skills?

Which new skills do I want to try as I approach the summer?

Stay Motivated

Inspire yourself- Carry something that reminds you of what's important to you or a quote to keep you motivated

Find rules to live by- Remember a phrase that works for you (e.g., "Stay real")

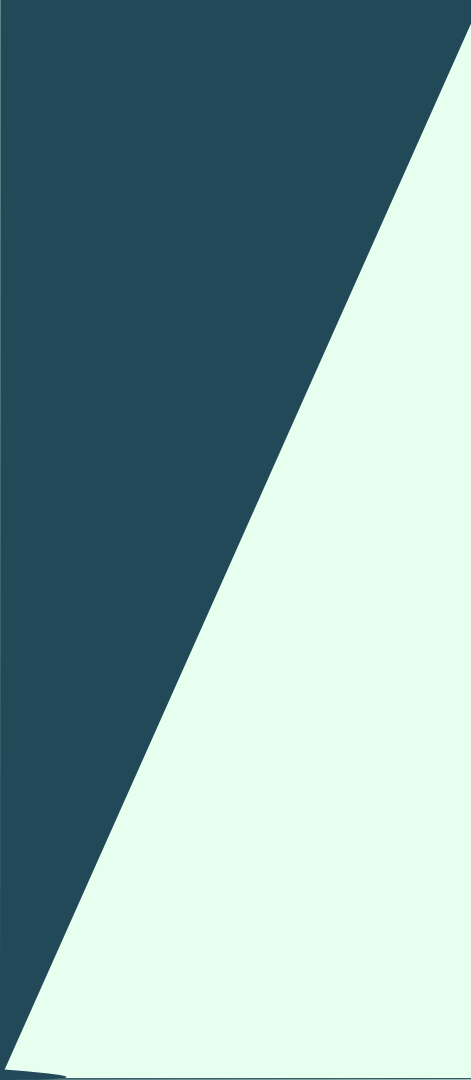
Create meaning - Remind yourself what you are living for: Your family? Your future self? Your children? Love? Truth? Justice? God? ...

Expect growth to feel uncomfortable - If it feels awkward or difficult, you're probably doing it right

Take responsibility- Take an active, not a passive approach

Actions first, and feelings will follow- Don't wait until you feel motivated; start now

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Stay Active

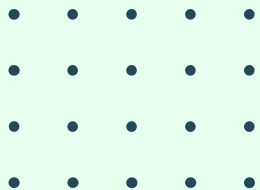
Setbacks are not failures- A setback is just a setback, nothing more

Create positive addictions - Put your energy toward things that keep you healthy and connected. Sports, hobbies, counseling groups ...

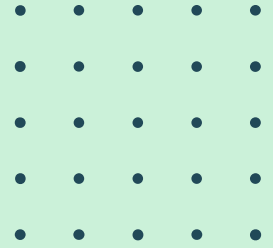
Fight the trigger - Take an active approach to stay in the window of tolerance

Pace yourself- If overwhelmed, go slower. If stagnant, go faster.

Get organized- You'll feel more in control with lists, "to do's" and a clean house



Make Healthy Connections



Ask for help
need.

Reach out to someone safe. Tell others what you

Practice honesty
them

Secrets and lying are unhealthy and can ruin relationships; honesty heals

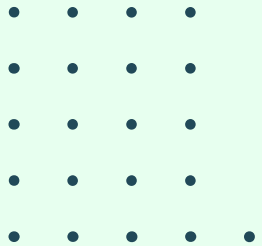
Set a boundary
relationships

Say "no" to protect yourself, and "yes" to healthy

Seek understanding, not blame
judgmental.

Be curious about your reactions, not

Alone is better than a bad relationship



Build Emotional Tolerance

Cry - Let yourself cry; it will not last forever

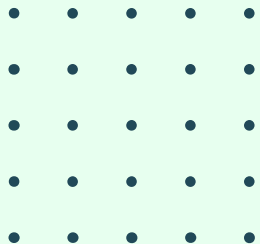
Tolerate the feeling- "No feeling is final", just get through it safely

Focus on Your Goals

Plan it out- Take the time to think ahead- it's the opposite of impulsivity

Structure your day- A productive schedule keeps you on track and connected to the world

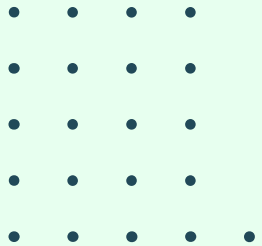
Think of the consequences- Really see the impact of your choices for tomorrow, next week, next year



Take Good Care of Yourself



- Take good care of your body** Eat right, exercise, sleep, practice safe sex
- Practice self-compassion** Listen to yourself with respect and care, same as you would for a friend or loved one
- Prioritize healing** Focus on what matters
- Listen to your needs** Don't neglect yourself
- Practice soothing self-talk** Talk to yourself very gently, as if to a friend or small child
- Integrate the split self** Accept all sides of yourself; they are there for a reason
- Create new "tapes"** Literally! Take a video where you talk to yourself kindly



Additional Resources

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

Counseling Groups

