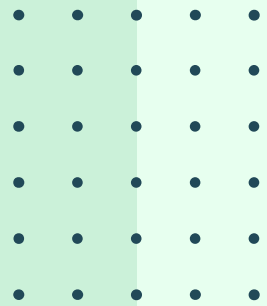
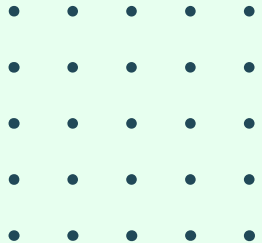


Think Less, Vibe More:

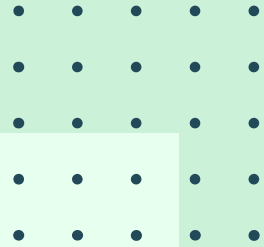
Week 9: Group i Gr



Butterfly Hug Exercise







Weekly Check In

Review: Triggers/Window of Tolerance

How are you (*weather analogy*)? What safe vibing skill did you use this week?

Ask for Help

Cry

Choose self respect

Take good care of your body

Compassion

Create a new story

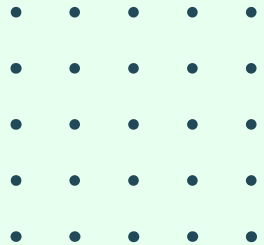
Structure your day

Trust the process

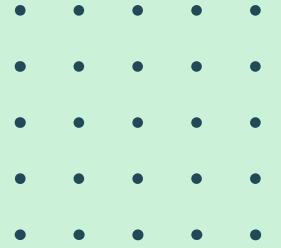
Reframe setbacks

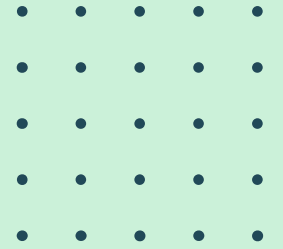
Focus on now

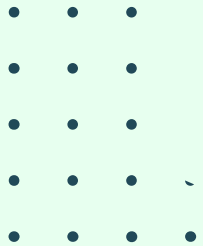
Review



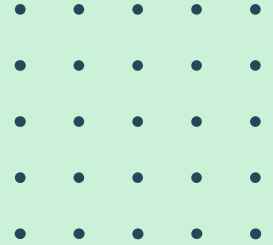
Think Less, Vibe More Skills







Create Healthy Options

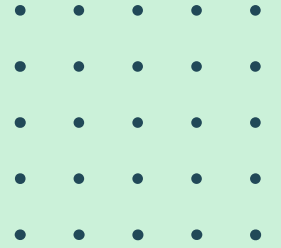


- Persist** Never, never, never, never, never give up
- Choose self respect** Choose whatever will make you like yourself tomorrow
- List your options** In any situation, you have choices
- Talk yourself through it** Self-talk helps in difficult times
- Imagine** Create a mental picture that helps you feel different
- Detach from emotional pain** Practice grounding techniques. Change the channel.
- Create a new story** You are the author of your life: be the hero who overcomes adversity

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Make Healthy Connections



Build Emotional Tolerance

Cry - Let yourself cry; it will not last forever

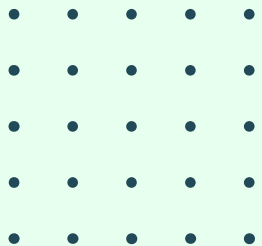
Tolerate the feeling - "No feeling is final", just get through it safely

Focus on Your Goals

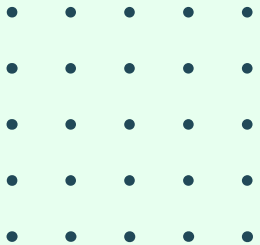
Plan it out - Take the time to think ahead- it's the opposite of impulsivity

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

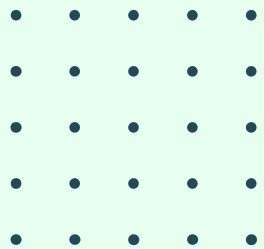


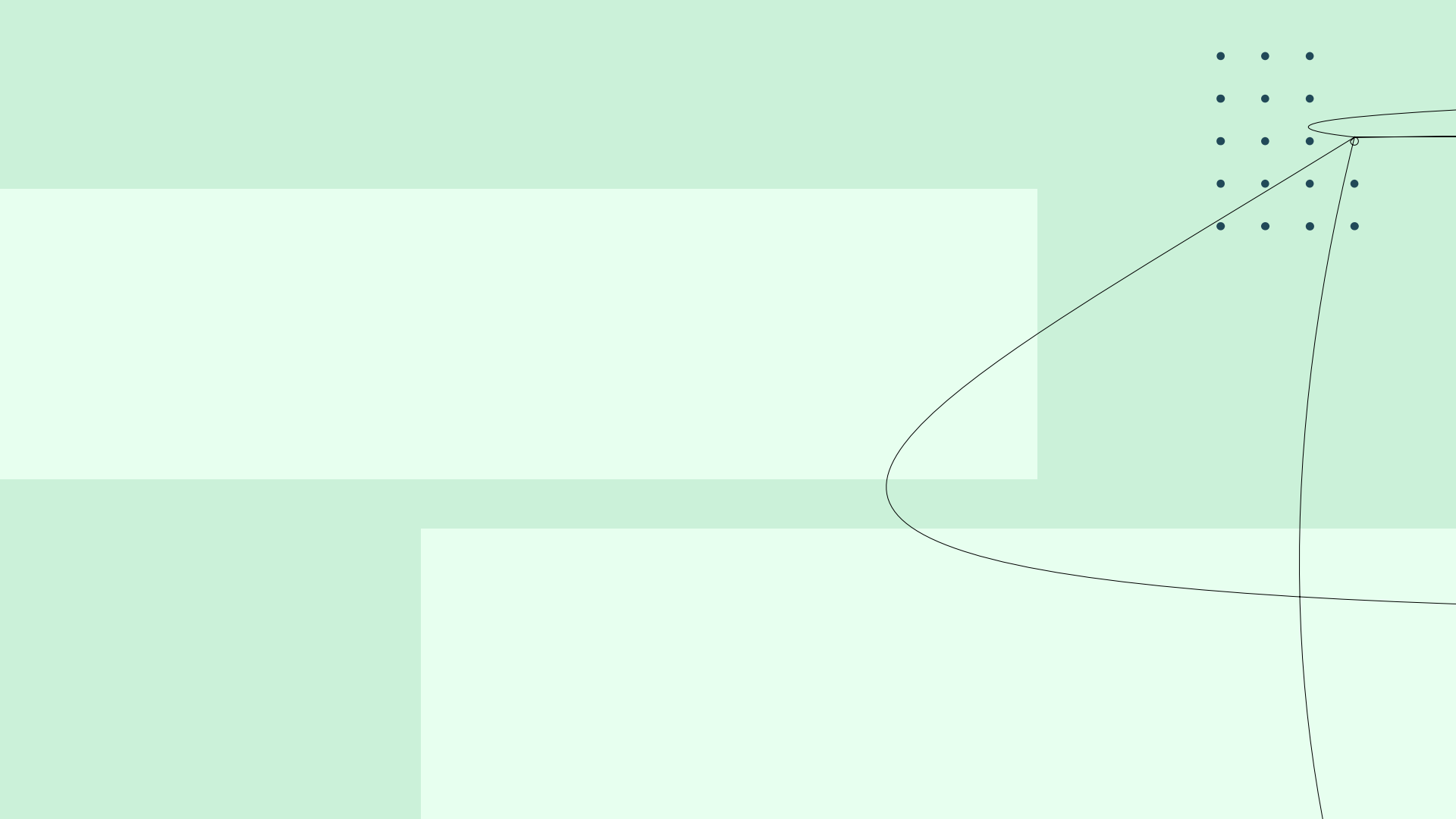
Reflect and Grow



05. Reflect &

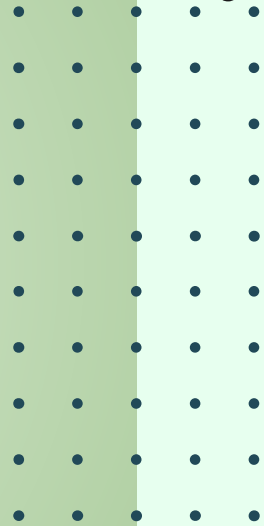
Debrief

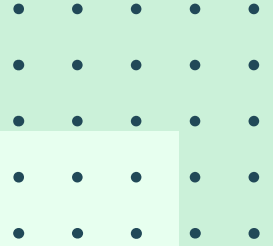




Spring Counseling Groups

Think Less, Vibe More - Practice coping skills to make healthy





Thanks for joining!

We hope to see you next semester!!

