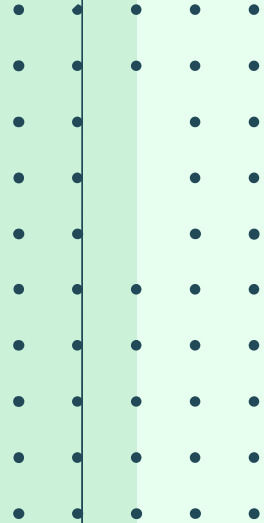


Rising Strong



Presented by *Student Health and Counseling Services*



Body Scan Meditation

Body Scan in Five Steps

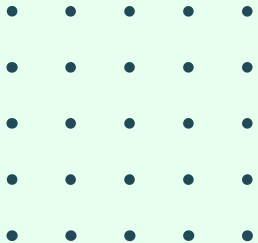
Taking comfortable position

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

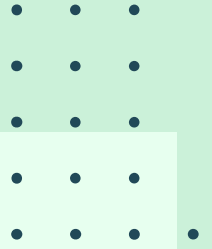
03. Confidentiality & Zoom limitations

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?



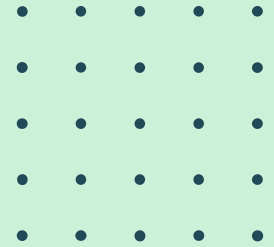
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Red Flags- Danger

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

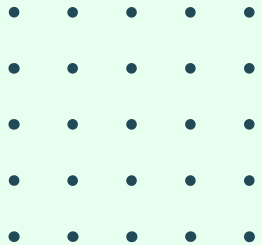
Green Flags- Safety

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

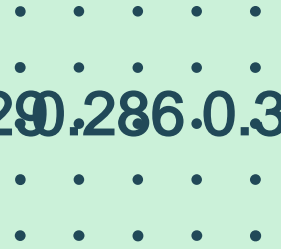


Reflecting on our History

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



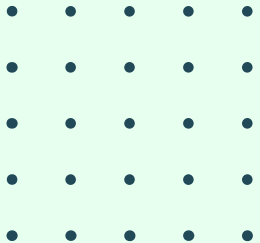
Key Points about Red and G2f/opn F5 reW n0.1290.286.0.34



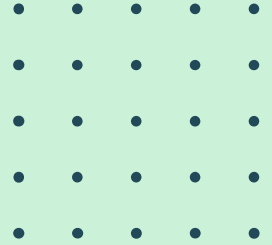
Green flags

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

