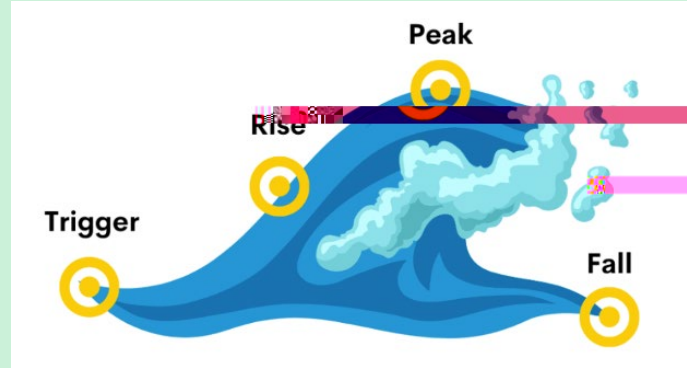


# Urge Surfing

## How to Practice Urge Surfing

1. Acknowledge you are having an urge.
2. Notice your thoughts and feelings without trying to change or suppress them. Note: It is normal to feel some discomfort during an urge.
3. Remind yourself It is okay to have urges. They are natural reactions to addictions and habits. Some discomfort is okay. I don't have to change it. An urge is a feeling, not a must. I can have this feeling and choose not to act. An urge is temporary. Like any other feeling, it will pass on its own.



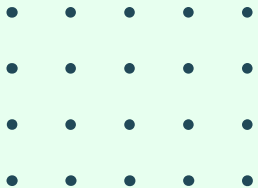
## Other Skills Managing Triggers

Know your triggers ahead of time, and have a strategy or skill prepared for each one.

Examples: deep breathing if stressed, eating if hungry, leaving a location if it is high risk

Delay & Distraction Do something to take your mind off the urge. Every minute you delay increases the chance of the urge weakening on its own.

Examples: go for a walk, listen to music, call a friend, read a book, practice a hobby



# 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

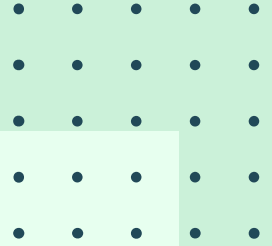
04. Any other suggestions?

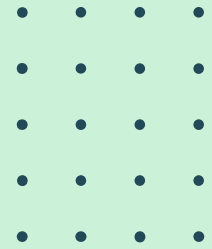
# Community Agreements:

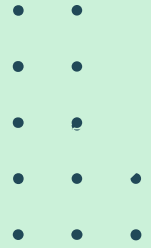
1. Push yourself to participate
2. Focus on your own experience
3. Share headlines, not details
4. Step forward, step back
5. Ask others before giving them feedback
6. Assume positive intent from others
7. Take responsibility for your needs
8. Other suggestions?

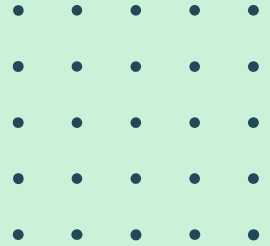
# Weekly Check In

Review: Red & Green Flags









Everything is a problem to be solved. It is not your identity, your self-worth, a sign that you're not normal, or stupidity.

An old saying is "A good plan today is better than a perfect plan tomorrow."

When it gets painful, restate your commitment.

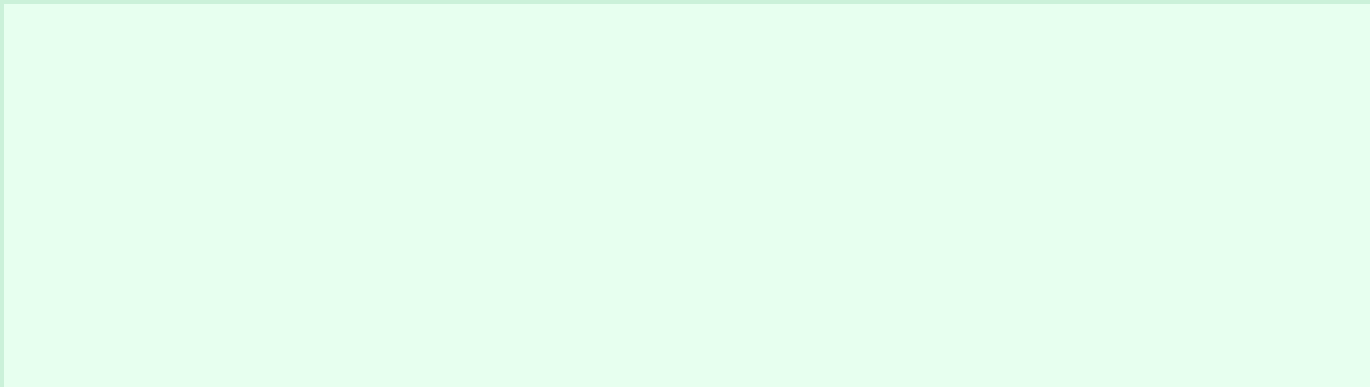
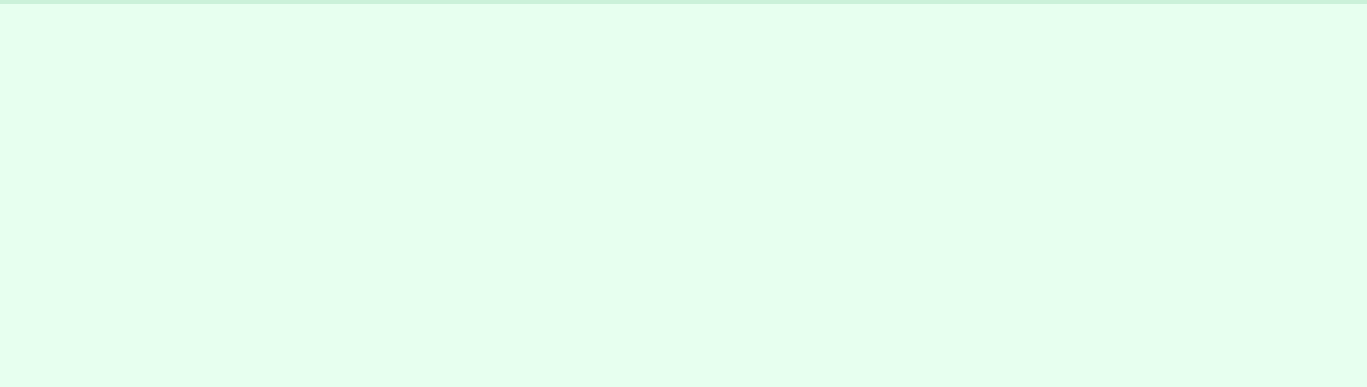
Even if you seem to be moving three steps forward and two steps back, you're still ahead by a step.

If you don't totally give up, you're still ahead.

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# Additional Resources

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

**Counseling Group** throughout the week  
**Student Wellness Resources** (linked in QR code)

**Student well being:** Basic needs

**Pioneers for HOPE** - support with food and housing

: @Pioneersforhope

**SHCS Instagram** - @eastbayshcs

Feedback form - share [link](#)

