Bridge to Balance  Seminar 1: Three Mindsets

What is your automatic mindset?

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What are advantages of your automatic mindset?

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What are disadvantages of your automatic mindset?

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Shifting into Wise Mind

When you notice being in your automatic mindset...

- Using your senses, describe your surroundings in detail
- Next, take three slow deep breaths
- Turn your attention to your inside world by closing your eyes
- Again, take three deep breaths
- Now, tune inward and ask yourself: What do I need right now?
- Notice what answer arrives
- Repeat this answer to yourself and notice if it feels true and authentic to you. If not, repeat this process until you feel a sense of peace and inner knowing.

CCSD Crisis Resources

- CCSD Crisis screening, walk-in appointments available Monday-Friday, 11am to 4pm
- CCSD After hours, reach on-call counselor by calling 252-328-6661 and follow the prompts
- Call 911
- REAL Crisis: 252-758-4357
- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: text HOME to 741741
- The Steve Fund (specific to young people of color): text STEVE to 741741
- The Trevor Project (specific to LGBTQ+): 1-866-488-7386 or text START to 678678
- The Veterans Crisis line: 1-800-273-8255 and [press 1 or text 838255; for deaf & hard of hearing call 1-800-799-4889
- Trillium Crisis and Access to Care Line: 1-877-685-2415
- Integrated Family Services Mobile Crisis: 1-866-437-1821
- Vidant Medical Center: 252-847-4100
- ECU CARES (on campus resource): 252-737-5555