

# MOVING FORWARD

## Week 3

# Week 3:

## Responding to Emotions: Acceptance

- Mindfulness Exercise
- Review Week 2 homework
- Responding to emotions with acceptance
- Mindfulness day-to-day
- Using mindfulness in crisis situations
- Homework

# Mindfulness Exercise

# Homework review

Getting Hooked Worksheet

Summary of Defusion Techniques

- What strategies did you try?

# Responding to Emotions With Acceptance

- Emotions are like the weather
  - Ever-changing, unpredictable
- Acceptance = Willingness

# Mindfulness Day-to-Day

- Day to Day
  - Keeping ourselves aware – noticing what is going on in the present moment (e.g. driving on autopilot – do you remember the journey?)
  - Informal Mindfulness Practice Handout

# Mindfulness when in Crisis

When we feel overwhelmed

- Mindfulness in Crisis
  - Take Ten Breaths
  - Drop Anchor
  - Notice 5 Things
  
- STOP

# Self-compassion

1. Contact the present moment: notice & acknowledge painful thoughts and feelings.
2. Open up and make room for the pain ~acceptance:
3. Defuse: Unhook from harsh, judgmental self-talk.
4. Validate: Pain is part of being human. Something we all have in common.
5. Kindness: pursue the value of kindness towards yourself – words, thoughts, imagery, action.



# Self-compassion

- **Self-compassion Exercise**

# More on Acceptance

- Skills for developing willingness to sit with distressing feelings and physical sensations
  - Common Acceptance Techniques Handout

# Homework

1. Choose an activity to practice Informal Mindfulness
2. Practice STOP and Mindfulness in Crisis –even when you are not in crisis.
3. Practice Self-compassion
4. Refer to Common Acceptance Techniques. Practice at least a couple of them.