Moving Forward: Week 5

Putting It All Together



Putting It All Together

- Mindfulness Exercise debrief
- Homework review Goal-setting/committed action
- Revisiting Day 1 worksheet
- Psychological Flexibility The Triflex
- Moving forward from here: Identifying next steps
- Resources



Mindfulness Exercise

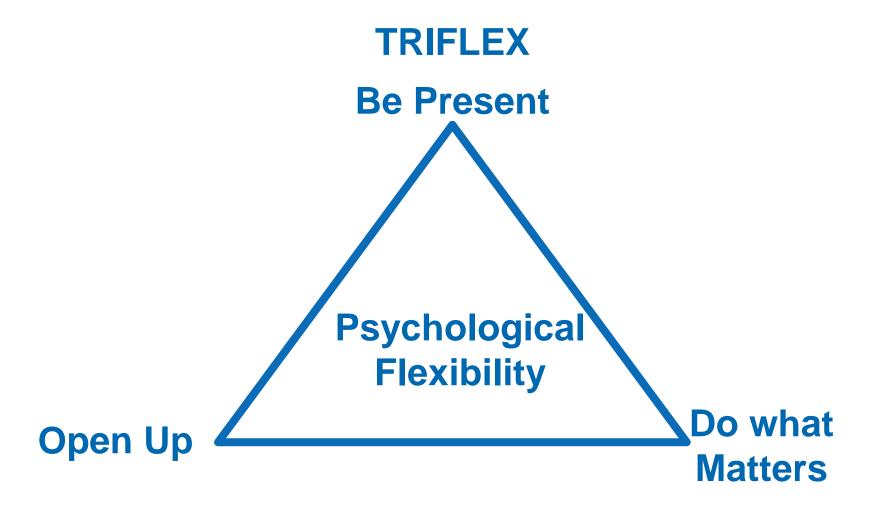


Homework Review – SMART goals and Willingness and Action Plan



Revisiting Day 1 Worksheet







Moving Forward From Here

The journey of 1000 miles begins with a single step

Identifying Next Steps, using SMART Goals, Willingness and Action Plan, Psychological Flexibility.



Congratulations on completing the Moving Forward group!

To continue moving forward requires PRACTICE, PRACTICE of

- Being present (Mindfulness)
- Noticing thoughts, feelings, physical sensations
 - Unhooking / Defusing
 - Taking value-guided action



ACT Resources

- Forsythe, John & Eifert, Georg. (2007). The Mindfulness & Acceptance Workbook for Anxiety. New Harbinger.
- Harris, Russ. The Happiness Trap. (2013).
- Harris, Russ. ACT With Love. (2009).
- Harris, Russ. The Confidence Gap. (2011).
- Harris, Russ. The Reality Slap. (2012)
- Hayes, Steven. (2005). Get Out of Your Mind and Into Your Life. (2005)
- Lejeune, Chad. (2007). The Worry Trap; How to Free Yourself from Worry & Anxiety Using ACT.
- Strosahl, Kirk & Robinson, Patricia. (2008). The Mindfulness & Acceptance Workbook for Depression.
- Apps: Actcompanion.com, ACT Coach, Mindshift.
- NEW Ideas.Ted.Com/5 effective exercises to help you stop believing your unwanted automatic thoughts
- NEW Thegoodproject.org/toolkits --- value sorting activity

