

# **HANDOUTS – MOVING FORWARD Week1/5 week**

## What I'd like to Get Rid of

Hopes for this class?

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What pain, thoughts, feelings sensations, memories, urges, I'd most like to get rid of?

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What efforts do I make to avoid or get rid of these unpleasant internal experiences? - See typical techniques listed in the box below.

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Typical Techniques:

**Distraction, zone out ie:** to take mind of the painful thoughts, feelings sensation or memory – ie: gaming, googling

**Opting out ie:** avoiding or withdrawing from activities (going to bed), interests, events people, places and opportunities, you've missed out on because you did not feel good or wanted to avoid feeling bad.

**Thinking Strategies:** Worrying, dwelling, fantasizing about the future, imagining escape scenarios winning the lottery, leaving your job or partner, revenge scenarios, suicide scenarios, thinking 'it's not fair' or 'if only', blaming yourself or others or the world, talking logically, positively or negatively to one's self, analyzing oneself, the situation, of others, (trying to figure out why).

**Numb out ie:** food, drink, cigarettes, rec. drugs, prescription drug.

**Anything else:** \_\_\_\_\_

Did some or all of the techniques work? How? Temporarily? Or Long Term?

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Are there costs? such as time, relationships self-esteem health, money, energy, health?

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# What is Mindfulness?

**Mindfulness:** a state of nonjudgmental awareness of what's happening in the present moment, including the awareness of one's own thoughts, feelings, and senses.

## Components of Mindfulness

**Awareness.** During a state of mindfulness, you will notice your thoughts, feelings, and physical sensations as they happen. The goal isn't to clear your mind or to stop thinking—it's to become aware of your thoughts and feelings, rather than getting lost in them.

**Acceptance.** The thoughts, feelings, and sensations that you notice should be observed in a nonjudgmental manner. For example, if you notice a feeling of nervousness, simply state to yourself: "I notice that I am feeling nervous". There's no need further judge or change the feeling.

## Benefits of Mindfulness

Reduced symptoms of depression and anxiety

Improved memory, focus, and mental processing speed

Improved ability to adapt to stressful situations

Greater satisfaction within relationships

Reduced rumination (repetitively going over a thought or problem)

Improved ability to manage emotions

## Mindfulness Practice

**Note:** Mindfulness is a state of mind, rather than a particular action or exercise. However, without practice, mindfulness is difficult to achieve. These techniques are designed to help you practice.

### Mindfulness Meditation

Sit in a comfortable place, and begin paying attention to your breathing. Notice the physical sensation of air filling your lungs, and then slowly leaving. When your mind wanders—which it will—simply notice your thoughts, and turn your attention back to breathing.

### Mindfulness Walk

While walking, make a point to practice mindfulness. Start by noticing how your body moves and feels with each step. Then, expand your awareness to your surroundings. What do you see? Hear? Smell? Feel? This technique can also be expanded to other daily activities.

### Body Scan

Pay close attention to the physical sensations throughout your body. Start with your feet, and move up through your legs, groin, abdomen, chest, back, shoulders, arms, hands, neck, and face. Spend anywhere from 15 seconds to 1 minute on each body part.

### Five Senses

Make a conscious effort to notice the present moment through each of your senses.

- 5 things you see
- 4 things you feel
- 3 things you hear
- 1 thing you taste
- 1 thing you smell

## Common Values

**HANDOUT WK 1** Below are some common values..

1. Acceptance/self-acceptance: to be accepting of myself, others, life, etc.
2. Adventure: to be adventurous; to actively explore novel or stimulating experiences
3. Assertiveness: to respectfully stand up for my rights and request what I want
4. Authenticity: to be authentic, genuine, and real; to be true to myself
5. Caring/self-care: to be caring toward myself, others, the environment, etc.
6. Compassion/self-compassion: to act kindly toward myself and others in pain
7. Connection: to engage fully in whatever I'm doing and be fully present with others
8. Contribution and generosity: to contribute, give, help, assist, or share
9. Cooperation: to be cooperative and collaborative with others
10. Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty
11. Creativity: to be creative or innovative
12. Curiosity: to be curious, open-minded, and interested; to explore and discover
13. Encouragement: to encourage and reward behavior that I value in myself or others
14. Excitement: to seek, create, and engage in activities that are exciting or stimulating
15. Fairness and justice: to be fair and just to myself or others
16. Fitness: to maintain or improve or look after my physical and mental health
17. Flexibility: to adjust and adapt readily to changing circumstances
18. Freedom and independence: to choose how I live and help others do likewise
19. Friendliness: to be friendly, companionable, or agreeable toward others
20. Forgiveness/self-forgiveness: to be forgiving toward myself or others
21. Fun and humor: to be fun loving; to seek, create, and engage in fun-filled activities
22. Gratitude: to be grateful for and appreciative of myself, others, and life
23. Honesty: to be honest, truthful, and sincere with myself and others
24. Industry: to be industrious, hardworking, and dedicated
25. Intimacy: to open up, reveal, and share myself, emotionally or physically
26. Kindness: to be kind, considerate, nurturing, or caring toward myself or others
27. Love: to act lovingly or affectionately toward myself or others
28. Mindfulness: to be open to, engaged in and curious about the present moment
29. Order: to be orderly and organized
30. Persistence and commitment: to continue resolutely, despite problems or difficulties.
31. Respect/self-respect: to treat myself and others with care and consideration
32. Responsibility: to be responsible and accountable for my actions
33. Safety and protection: to secure, protect, or ensure my own safety or that of others
34. Sensuality and pleasure: to create or enjoy pleasurable and sensual experiences
35. Sexuality: to explore or express my sexuality
36. Skillfulness: to continually practice and improve my skills and apply myself fully
37. Supportiveness: to be supportive, helpful and available to myself or others
38. Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable
39. Other: \_\_\_\_\_

## HANDOUT WK 1 – CLARIFYING YOUR VALUES

### THE BULL'S EYE Part 1 (Part 2 is in week 4):

The homework divided into four important domains of life: work/education, leisure, relationships and personal growth/health. To begin with, please write down your values in these 4 areas of life. Not everyone has the same values, and this is not a test to see whether you have the 'correct' ones. Think in terms of general life directions rather than in terms of specific goals. Also, you may use the words 'to be' in front of it this may help you identify a values vs a goal. A goal is something you 'do'. There may be some overlap (eg if you value studying psychology, that may come under both Education and Personal Growth. Write down what you would value if there were nothing in your way, nothing stopping you. What's important? What do you care about? And what you would like to work towards? Your values should not be a specific goal but instead reflect a way you would like to live your life over time. For example, to accompany your son to a football game might be goal; to be an involved and interested parent might be the underlying value. NOTE: make sure they are YOUR values, not someone else's. It is your personal values that are important!

1. **Work/Education** refers to your workplace & career, education and knowledge, skills development. This may include volunteering and other forms of unpaid work). How do you want to **be** towards your clients, customers, colleagues, employees, fellow worker? What personal qualities do you want to bring to your work? What skills do you want to develop? \_\_\_\_\_

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2. **Relationships:** refers to intimacy, closeness, friendship, and bonding in your life: it includes relationships with your partner, children, parents, relatives, friends, co-workers, and other social contacts. What sort of relationships do you want to build? How do you want to **be** in these relationships? What personal qualities do you want to develop? \_\_\_\_\_

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3. **Personal Growth/Health** refers to your ongoing development as a human being. This may include organized religion, personal expressions of spirituality, creativity, developing life skills, meditation, yoga, getting out into nature, exercise, nutrition, and addressing health risk factors? \_\_\_\_\_

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4. **Leisure:** refers to how you play, relax, stimulate, or enjoy yourself; your hobbies or other activities for rest, recreation, fun and creativity. ? \_\_\_\_\_

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(Lundgren, T., Luoma, J. B., Dahl, J., Strosahl, K., & Melin, L. (2012). The Bulls-Eye Values Survey: A Psychometric Evaluation. *Cognitive and Behavioral Practice*, 19(4), 518–526.)

## Week 1 Homework

1. When did I notice that I was 'in my head?'

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2. When did I notice I was 'in the world, experiencing with my 5-senses?'

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3. Were you able to practice any mindfulness?'

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4. Did you consider your values, what's important to you?'

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