

MOVING FORWARD


Week 3



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Week 3: Responding to Emotions: Acceptance

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



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Mindfulness Exercise




3

Homework review

Getting Hooked Worksheet


Summary of Defusion Techniques

- What strategies did you try?



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Quicksand Metaphor
Notice, Acknowledge, Committed Action



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Responding to Emotions With Acceptance

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




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Mindfulness when in Crisis

When we feel overwhelmed

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

- STOP



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Self-compassion Exercise


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.



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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



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More on Acceptance

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




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Homework

1. Practice a skill or skills from the handouts, Mindfulness in Crisis – STOP and even when you are not in crisis, Self Compassion, and Informal mindfulness

3. Refer to Common Acceptance Techniques. Practice at least a couple of them.

4. Record Learnings in the Getting Hooked with Emotions Exercise Handout.




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See You Next Week!

- We will Review Homework

- We will look at values again and Committed Action based on Values and understanding our own barriers.



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