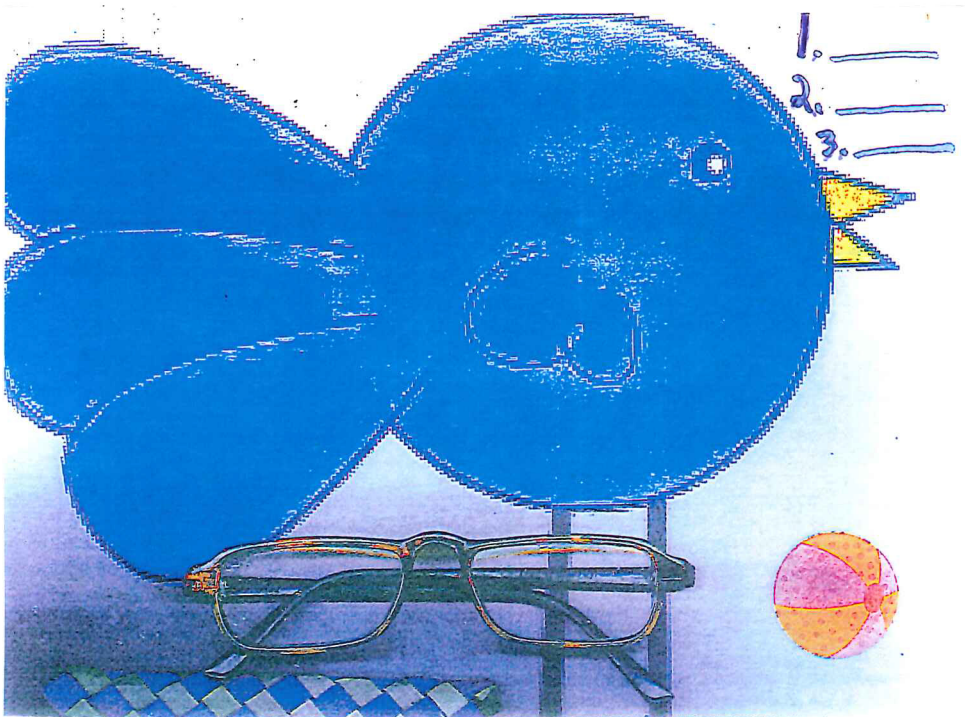


## Live Better Series: “I can live a vital and meaningful life.”

### “Effective Ways to Address Anxiety”, part 3

Tom Lavin MFT, LCADC, ACATA



**Bluebird:** I can live a vital, meaningful life. And, I accept I will sometimes have pain, and other times have joy, in my life.

**New Pair of Glasses:** to change my life, and grow in wisdom, I need to look at things differently.

**Beach ball:** I need to stop avoiding my life by pushing thoughts and feeling underwater. By being mindful, I will let my thoughts and feelings come up and accept them for what they are.

**Finger trap:** It is healthy for me to “accept what is as it is”. When I struggle against “what is”, I trap myself and cause suffering for myself. Accepting does not necessarily mean I like it.

**1, 2, 3:** I can live a vital and meaningful life by choosing and committing to values that are important to me—NIKE Therapy “Just do it!”, make a plan, don’t procrastinate, take action. Letting go and letting be is also a way of taking positive action.

*-Today, Dr. Hayes talked about accepting and not avoiding our thoughts and feelings. What does he mean by that?* \_\_\_\_\_

*-Are there thoughts or feelings or experiences or people you have a hard time accepting?* \_\_\_\_\_

*-On the back of the page is an ACT Mindfulness meditation. Will you participate in the meditation in class and discuss what it means to you today?*

*-Will you take 5 minutes each day for the next 7 days to read the meditation one time each day?*

## ***Accepting, Choosing-Committing, Taking Action***

Tom Lavin MFT, LCADC, ACATA

***Accept what is, as it is...***

***Slowly... take a few deep breaths...***

***Allow your thoughts and feelings to emerge and just be there...***

***the ones you like... and the ones you don't like...***

***take few more deep breaths...***

***and just let your thoughts and feelings be there...***

***Take a few more deep breaths...***

***and let your thoughts and feelings be there...***

***—not judging them and not trying to make them go away...***

***Just let your thoughts and feelings be there.***

***Accepting your thoughts and feelings does not mean you like them***

***and it doesn't mean you like the situation ...***

***Just let your thoughts and feelings be there...let the situation be there...***

***and then settle into accepting what is, as it is...***

***If you're having a hard time accepting what is,***

***go ahead and accept that you're having a hard time accepting what is...that***

***you really wish the thought or feelings or the situation were different...but***

***they're not...so you're willing to accept what is, as it is...***

***After accepting what is as it is, focus on what's important to you—is there***

***something about this you want to change---do you want to change your***

***perspective? Or change the situation?***

***What do you want to change?***

***If you think you can make the change, develop and plan a strategy***

***to make the change you discern would be good...***

***...then...engage in NIKE Therapy---be willing to “just do it”...***

***Be willing to take positive, assertive action...***

***However, if you can't change the situation and you're struggling with***  
***your perspective..... let go.....let go.....let go.....***

***Let it go for today.***

***Just let it be.***

***Let it go... and move on...***

***Say “Yes to Life”...***

***... and focus your attention on other people and activities you value.***

Recommended workbook: “Mindfulness and Acceptance Workbook for Anxiety”  
by John P. Forsyth, PH.D and Georg H. Eiffert, Ph.D.