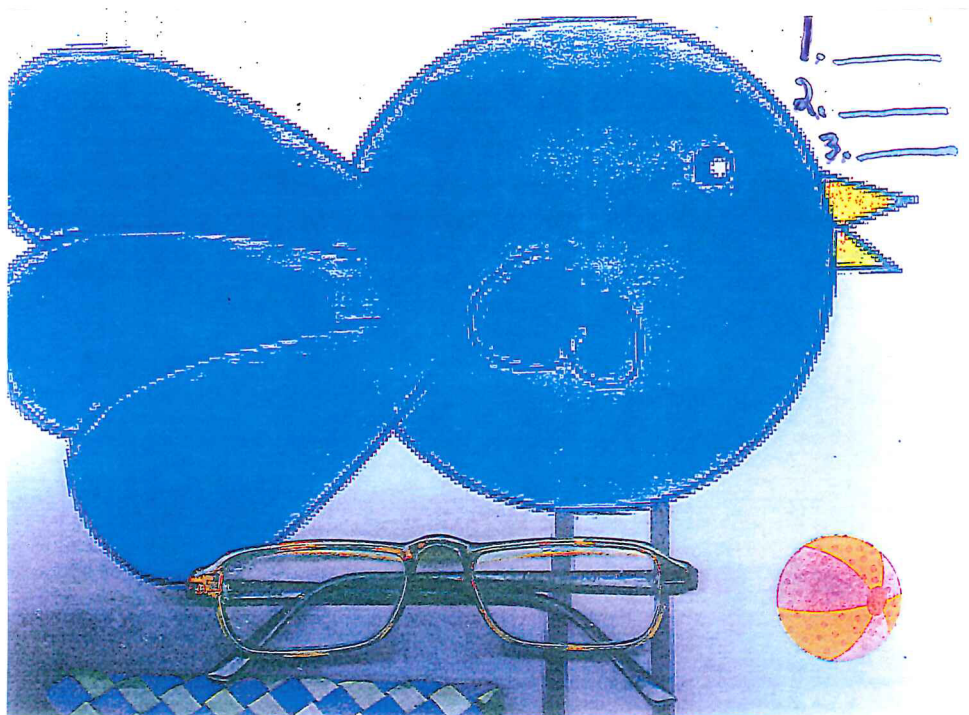


Live Better Series: “I can live a vital and meaningful life.”

“Effective Ways to Address Anxiety”, part 6

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.

**“Although I am frequently anxious,
my anxiety does not determine who I am and what I do in my life!”**

Are you going to let your anxiety hold you back from becoming the person you want to become? Y _____ N _____

My vision of characteristics I want to develop (circle and share):

- | | | | |
|----------------|-------------|---------------|------------|
| -compassionate | -just | -spiritual | -reliable |
| -responsible | -wise | -loving | -kind |
| -generous | -courageous | -enthusiastic | -playful |
| -adventurous | -honest | -loyal | -patient |
| -grateful | -healthy | -creative | -confident |

The 6 Habits of Happiness Worth Cultivating

(adapted from the Greater Good Science Center)

I will create a healthy, vital life by practicing the following (describe):

- 1. Learn and practice mindfulness frequently**
- 2. Learn to make and keep friends and keep a good support group**
- 3. I will remember to note what I am grateful for and share my good fortune with others**
- 4. I will forgive those who have harmed me. I forgive myself for mistakes I have made and make amends to people I have hurt.**
- 5. Knowing it is good for my body and my mind, I will do my best to exercise frequently.**
- 6. I will practice kindness towards others and have compassion for myself.**

Dr. Viktor Frankl asserted that having a sense of meaning was the most important thing in our lives. Is meaning important to you? Y____ N____

What is meaningful to you today in your life? _____

He states that there are 3 ways we find meaning in our lives (and sometimes we have to search for that meaning because today it may not be apparent):

- 1. Creative values: this is what I give to life, how I make a difference:** _____
 - 2. Experiential values: this is what life gives to me (what I enjoy, what I like to do):** _____
 - 3. Attitudinal values: When something painful happens and we can't change it: I can bring meaning to the experience by responding with acceptance, patience, grace, looking at how I might help others, etc. Something painful that has happened to me and how I am dealing with it in a way that is meaningful to me** _____
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Recommended books:

"Get Out of Your Mind and into Your Life", Dr. Steven C. Hayes

"Man's Search for Meaning", Dr. Viktor Frankl