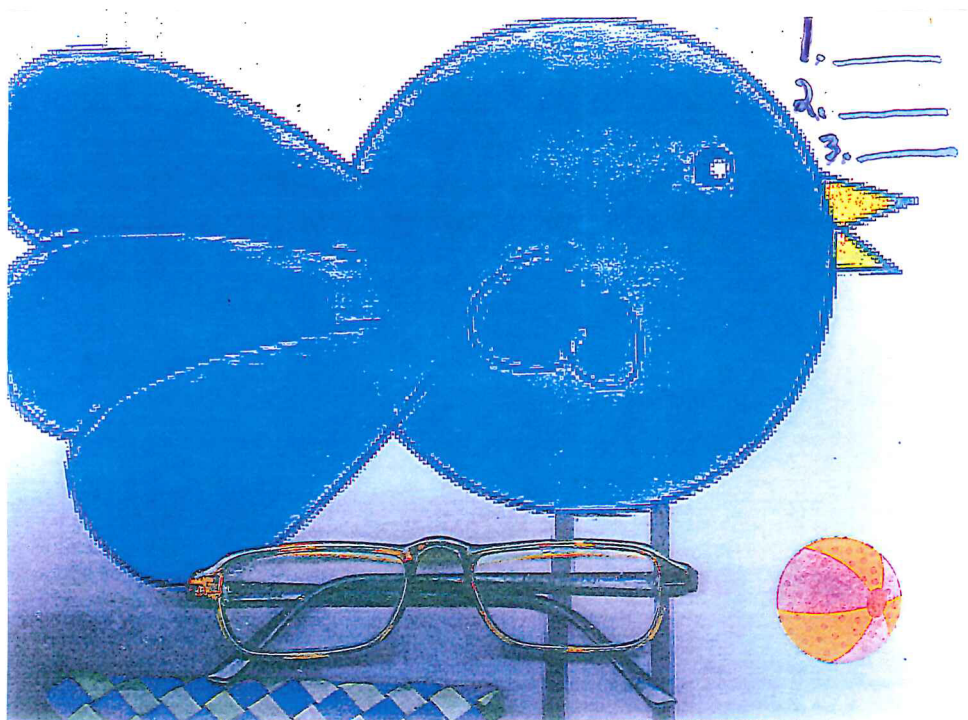


Live Better Series: "I can live a vital and meaningful life."

Tom Lavin MFT, LCADC, ACATA, Marque Munger, MHT1/Northern Nevada Adult Mental Health Services



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.