

Acceptance and Commitment Therapy

Quick Strategies for Values-Based Living

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



saskhealthauthority.ca

Vision, Mission, Values and Philosophy of Care

VISION

Healthy People, Healthy Saskatchewan

MISSION

We Care.

We work together to improve health and well-being; every day, for everyone.

VALUES

- **COMPASSION: *We are caring.*** We practice empathy. We listen actively to understand each other's experiences.
- **ACCOUNTABILITY: *We are responsible.*** We own each action and decision. We are transparent and have the courage to speak up.
- **RESPECT: *We are collaborative.*** We treat everyone with kindness, dignity, and empathy. We honour diversity and value each person as an individual.
- **EQUITY: *We are committed to health equity.*** We recognize that factors such as geographic location, culture, and background are key determinants of health outcomes. We embrace the diversity of our teams, and work to remove barriers to ensure all Saskatchewan residents and communities can access high-quality care.
- **SAFETY: *We are aware.*** We commit to physical, psychological, social, cultural and environmental safety. Every day. For everyone.

PHILOSOPHY OF CARE: Our commitment to a philosophy of Patient and Family Centred Care is at the heart of everything we do and provides the foundation of our values.



SHA Treaty Land Acknowledgement

Honouring Relationships with Indigenous People

We acknowledge that we are gathering on **Treaties 2, 4, 5, 6, 8 and 10 (Cree, Dené, Assiniboine/Nakota and Saulteaux) territories and the Homeland of the Dakota, Lakota and Métis.**

Recognizing this history is important to our future and our efforts to close the gap in health outcomes between Indigenous and non-Indigenous peoples by knowing what the land and the traditional people of the land offer us.

www.saskhealthauthority.ca/trc

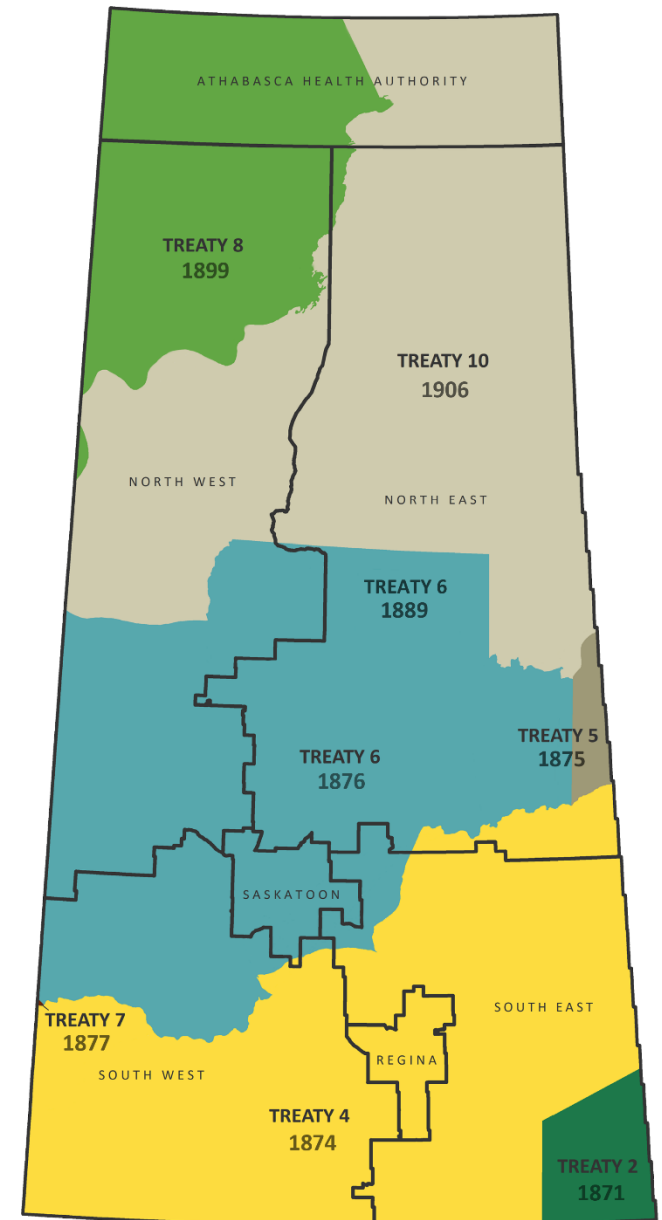


Saskatchewan
Health Authority

Treaty Territories and Saskatchewan Health Authority Areas

Depictions of Treaty boundaries are subject to variation. These boundaries are usually not surveyed and are estimated based on written descriptions.

This map displays the Pre-1975 Treaties (Historic Treaties) in colour, as provided by Crown-Indigenous Relations and Northern Affairs Canada.



AGENDA

- Introductions
- Check-in
- Mindfulness exercise
- What is ACT
- Exploring thoughts and feelings
- Values clarification
- Committed action planning
- Living a life of meaning

INTRODUCTIONS

Who we are

- Mary and Ashley
- Occupational Therapists working in Mental Health and Addictions Services in the Saskatchewan Health Authority

INTRODUCTIONS

SAFE SPACE

- Everything today holds an open invitation for participation
- There is nothing that you are required to do, but feel free to try things out if you'd like

MINDFULNESS EXERCISE

Let's try it!

How are you doing?

- Take a moment just to acknowledge and name how you are feeling right now - notice any thoughts, emotions, sensations as they are - non-judgmentally

Tune into your body

- Take a moment to stretch, reposition, notice your breath, or just be aware of your body for a moment, being aware of what is OK, comfortable or neutral for you

MINDFULNESS EXERCISE

Continued

Notice your surroundings

- Just notice what you can see, hear, feel, taste or smell in this room around you

Connect

- Bring your attention to the room, to this session, to the presenters, in this moment, doing what matters

WHAT IS ACCEPTANCE AND COMMITMENT THERAPY (ACT)?

- A type of therapy that focuses on noticing and accepting internal experiences (thoughts, feelings, sensations, etc), rather than fighting them or trying to change them
- Focuses on identifying values and taking actions that align with those values, even when there might be discomfort that comes along with it
- Accepting what you can't control, and committing to actions that will improve and bring meaning to your life

MAKING ROOM FOR THOUGHTS AND FEELINGS

Defusion

- Being able to notice internal experiences (thoughts, feelings, urges, sensations, memories, etc) without getting caught up in them
- Observing these experiences as temporary experiences that will come and go, not necessarily as facts

MAKING ROOM FOR THOUGHTS AND FEELINGS

Defusion Continued

- Think of weather and the sky – the weather always changes, but the sky stays the same
- Be the chessboard and observe the pieces moving about without trying to control them
- Leaves on a stream – put the thought, emotion, etc on a leaf and watch it gently float down the stream



MAKING ROOM FOR THOUGHTS AND FEELINGS

Defusion Continued

- If I act on this, will it be helpful in the long run, in the big picture?
- What are the choices available to me, and what will align with my values more in the long run?



MAKING ROOM FOR THOUGHTS AND FEELINGS

Defusion Techniques

- Notice, Name, Neutralize
 - Instead of “I am...”, try “I notice I’m having the thought that...”
 - Ex. Instead of “I am anxious”, try “I notice I am experiencing sensations and thoughts related to anxiety”
- Thanks, mind!
- Sing it!
- Say it verrrrrry sloooooowly
- Does it remind you of a character?
- Play with different ways to make the experience less intimidating



VALUES CLARIFICATION

What are they?

- Fundamental beliefs, guiding principles, what truly matters to us
- Words that describe how we want to behave in this moment and on an ongoing basis
- Your heart's deepest desires for how you want to treat yourself, others, and the world



VALUES CLARIFICATION

Exploring your values

- Think about the different areas of your life (family, career, health, leisure, etc), and finish this sentence:
 - In this area of my life, I want to be...
 - Ex. Supportive, loving, responsible, honest, caring, adventurous.....
- Imagine it is 10 years from now and someone is standing up to say things they admire about you.
 - What would you want them to say?

VALUES CLARIFICATION

Examples

Caring	Compassionate	Adventurous	Authentic
Creative	Encouraging	Friendly	Forgiving
Grateful	Honest	Independent	Open
Respectful	Trustworthy	Persistent	Responsible
Supportive	Courageous	Mindful	Determined

COMMITTED ACTION PLANNING

Get doing!

- Identify a value you would like to live more in line with
 - Ex. I want to be a more supportive person
- What is a small, achievable action you can take in the next week to align with that value?
 - Tomorrow I will reach out to my friend by calling to check in and see how they are doing. I will ask if they want to get together.
- Make the goal as specific as you can. When will you start? What will you do? Is it realistic and achievable? Is there anything you need to be able to do this?

COMMITTED ACTION PLANNING

Get doing!

- What are some obstacles you may encounter, and how could you work around them?
 - Too busy in the moment, not sure what to say, too many distractions
 - Could plan time to check in with others, know I don't need to know what to say but can still listen, ask to go somewhere with less distractions
- Know that action can still be taken, even in the face of uncomfortable thoughts, feelings, and sensations
 - We can use defusion techniques to help move us towards our values

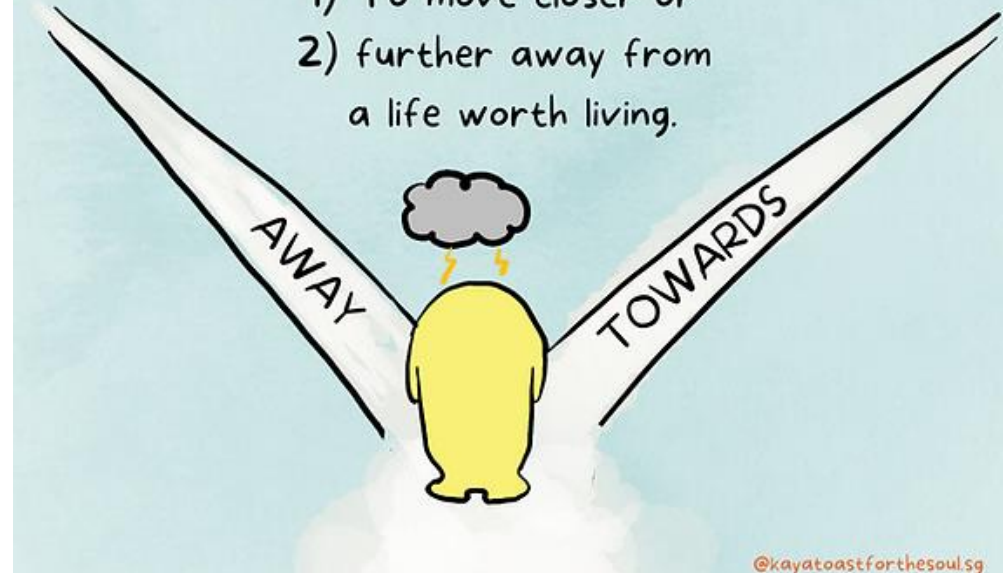
LIVING A LIFE OF MEANING

CHOICE POINT

THE CHOICE POINT

At every moment in time, we have
TWO CHOICES to make.

- 1) To move closer or
- 2) further away from
a life worth living.



LIVING A LIFE OF MEANING

Going Toward

- Choices and actions can either take us towards our values and a meaningful life, or they can take us away
- We're more likely to make "away moves" when we are fused or hooked by unhelpful internal experiences
- Take time to practice defusion techniques so that you can more mindfully choose your actions based on values and what will be most helpful in the long run, in the big picture

LIVING A LIFE OF MEANING

Going Toward

- If feeling lost, reconnect with your values
- Set small goals as needed to connect and take action toward your values
- Remember, difficult internal experiences are part of being human, and not something that needs to be feared, pushed down, or ran away from
- Open up, be present, take valued action!

Thank- you!