



Acceptance and Commitment Therapy

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Areas of psychological flexibility and how they promote increased flexibility

Engagement practices	Awareness practices	Openness practices
Connect practitioners with their own personal values (e.g. kindness, creativity, intimacy)	Mindfulness practice to build skills in noticing one's thoughts, feelings and urges.	Practice stepping back from unhelpful entanglement with thoughts, to help disengage with patterns of thinking that get in the way of meaningful activity.
Example practices		
Reflect on the qualities of people you do and do not admire	Mindfulness	Cognitive diffusion tasks

Source: Prudenzi et al., 2021 <https://doi.org/10.1016/j.iad.2021.07.084>

Small Group Activity, ACT Engagement Practices

ACT Matrix: Perspective-taking exercise

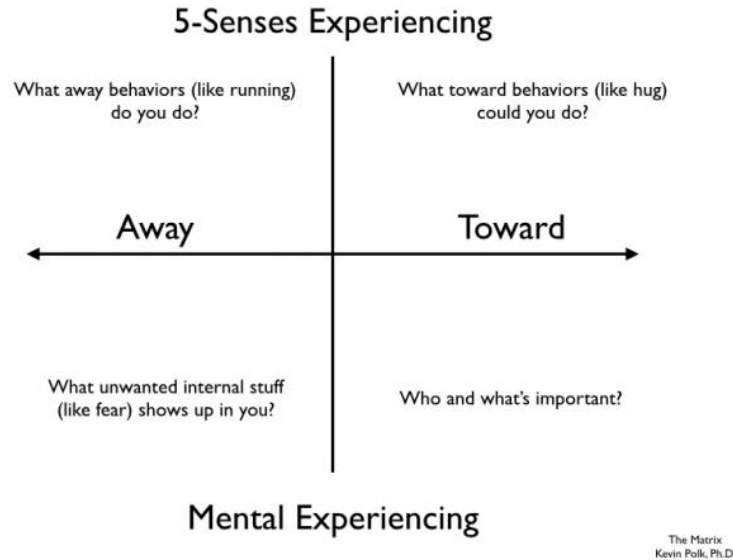
Watch the following video (Time: 7:11):

<https://www.youtube.com/watch?v=RQ1sVPqwxgw>



Prompt: After watching the video, use the ACT matrix to identify and guide you to decisions and behaviors that will help you increase your psychological flexibility around a topic of your choosing.

- Consider a situation that is currently causing you anxiety, stress or burnout.
- Use the ACT matrix on the following page to guide you through other perspectives you can use to navigate the scenario.



Source: Polk, K. (N.D.). The ACT Matrix. Association for Contextual Behavioral Science. https://contextualscience.org/act_matrix

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