

More Than a Mouth: Skills for life's ongoing challenges

Session 1 - welcome

- Introductions
- (Fire procedures)
- (Toilets)
- Break
- Confidentiality
- Respectful listening and speaking
- Allow for different experiences
- Equality, diversity, inclusion
& anti-racism
- Anything to add?



What to expect

- Four sessions, plus a booster
- Skills-based
- Between-session practice crucial
- May be different to what you have tried before
- Approach is applicable to all of life's challenges
- Continued development of your skill base beyond the length of the course

Acceptance and Commitment Therapy (ACT)

- Not for reducing/eliminating symptoms
- Workability
- Flexibility
- Quality of life
- Not taking anything away from you that is working
- Learning skills you can take away and use in your life
- Acceptance is a quality of behaviour, not a thinking thing!

Getting to know each other

Turn to the person next to you and tell them your....

- First name
- One thing that is important to you in life / that you value?

Introduce your pair to the group

What was it like talking about values?

What was it like listening?

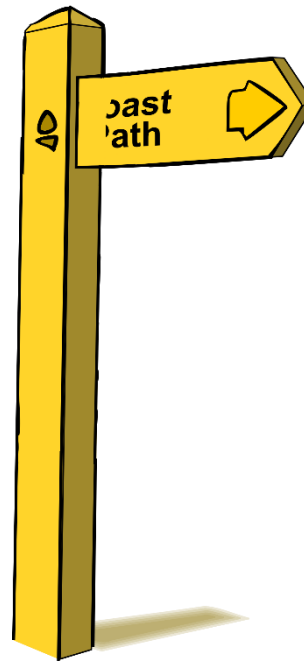
All that we share

A metaphor



Do what matters - values

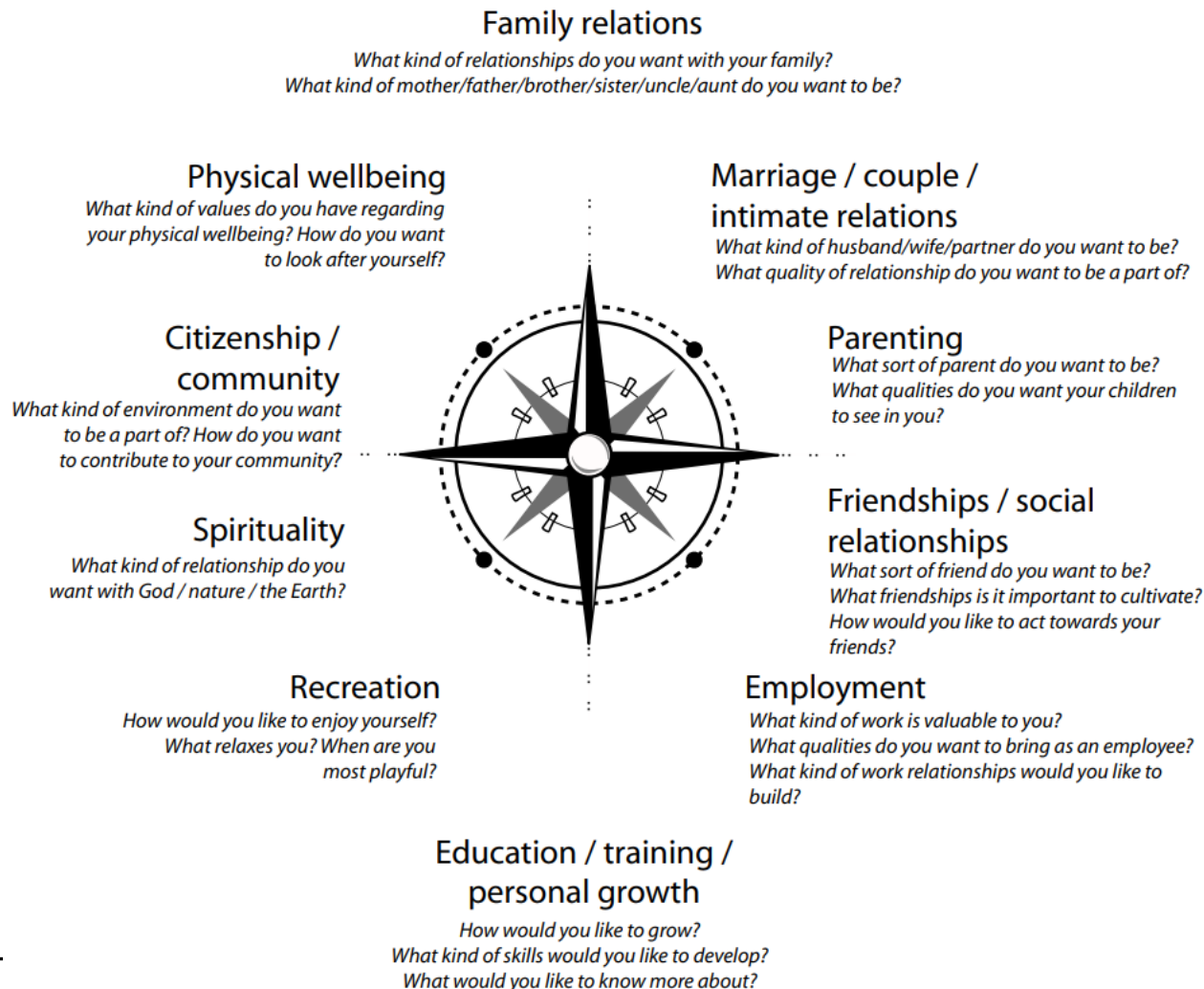
Which direction is your bus travelling in?



Values

- Here and now (goals are in the future)
- Freely chosen
- Need never be justified
- Often need to be prioritized
- Taking actions in alignment with your values makes you feel alive, vital and connected to life

Values - clarification



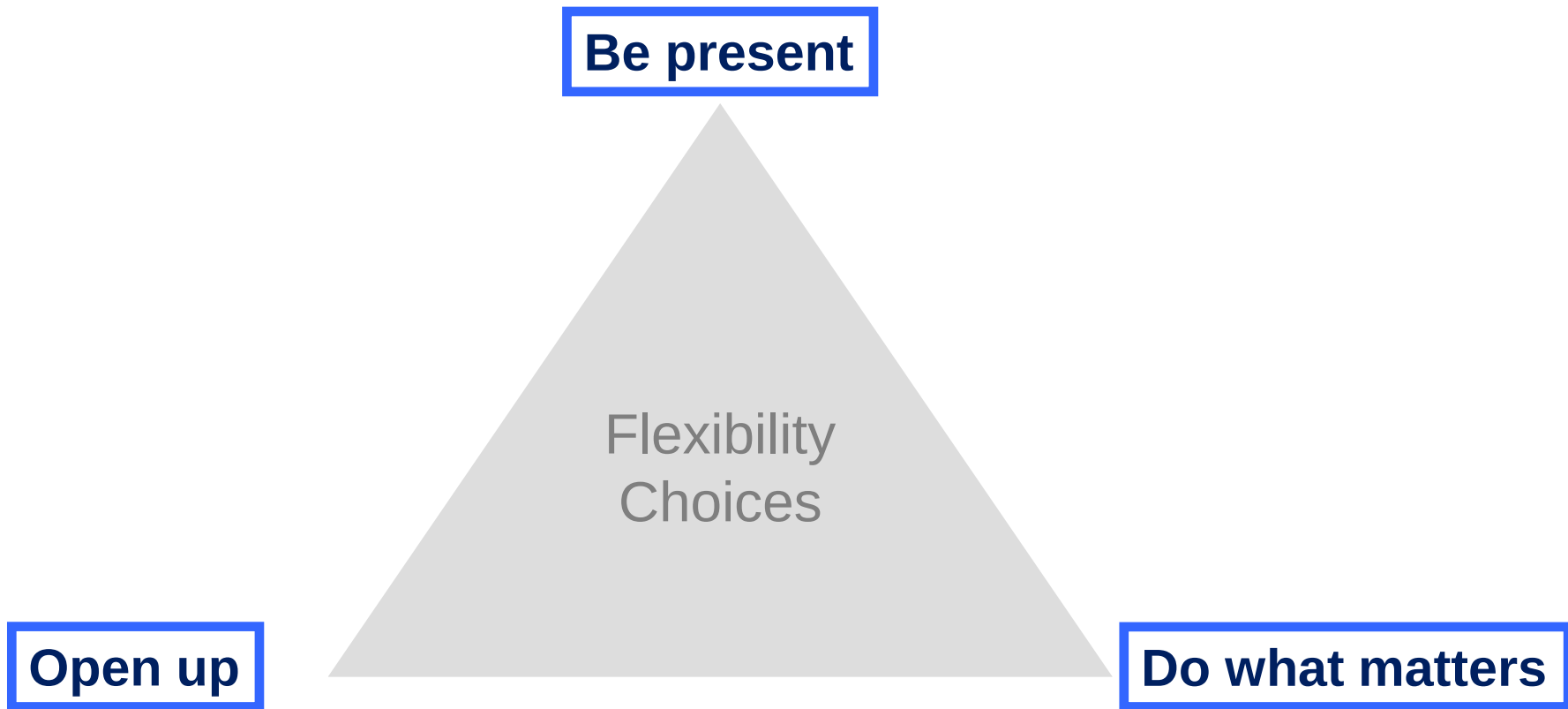
Thoughts, emotions, bodily sensations and actions

- I can't do this
- Excited
- Getting dressed
- Stomach ache
- Tiredness
- This pain is never going to end
- Reading a book
- Riding a bike
- Happy
- Walking
- I'm really enjoying this
- This pain is dangerous
- Anxiety
- Sore back

What are we all doing here?

- Learning skills:
 - To relate to our thoughts, emotions and sensations in ways that do not control us
 - To allow ourselves to feel the full range of human experience
 - To observe our experiences intentionally and clearly
 - To choose what we want to do and how we want to do it
 - To create habits that support those choices

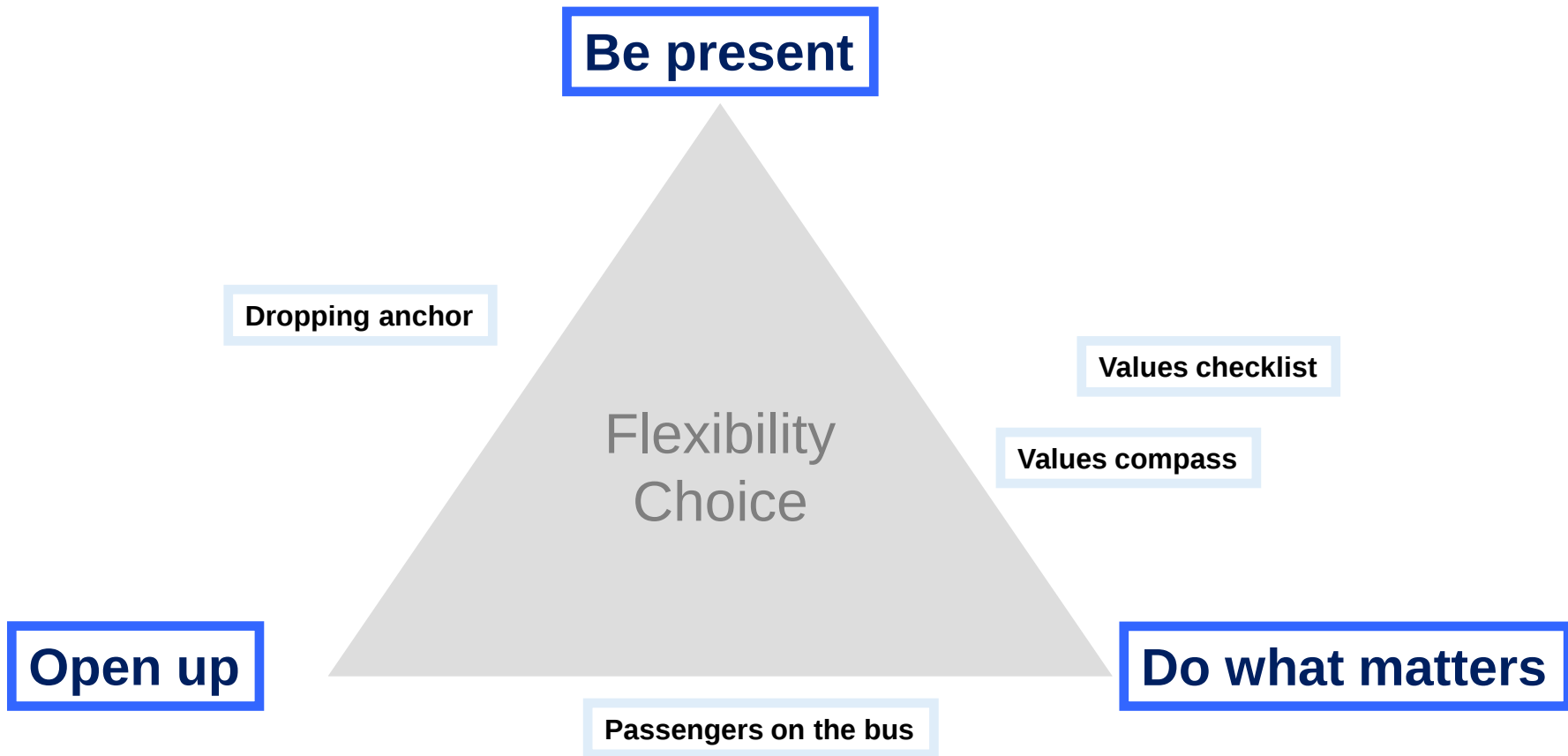
Our framework



Open up

- A brief introduction to 'open up' skills
- Experiential exercise – 'dropping anchor'

Reminder



Summary of session 1

What one thing have you learned in this session that applies to you?

What one action will you commit to between this session and the next?

Notice any 'passengers' coming up about returning next week....

