



Guy's and St Thomas'
NHS Foundation Trust

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

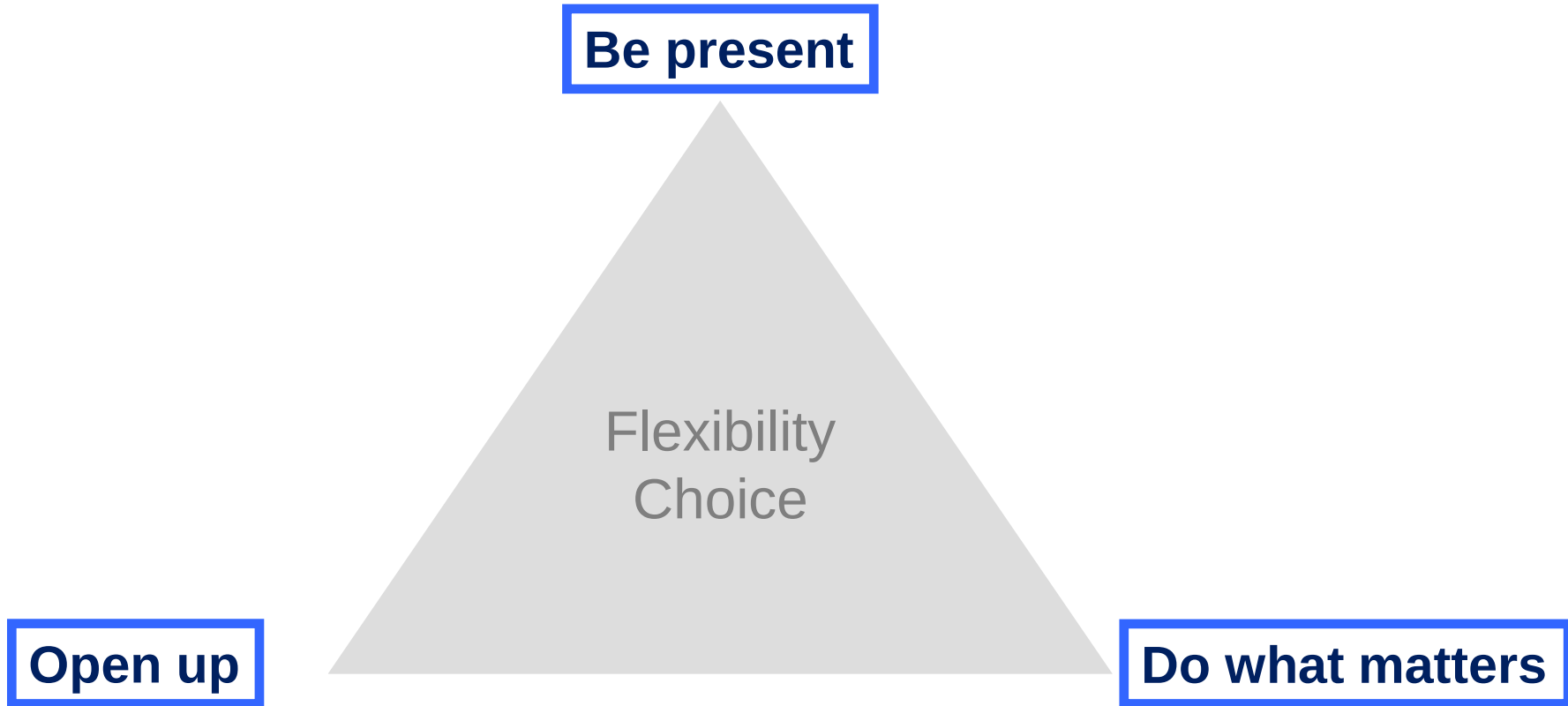
Session 2 - welcome

- Welcome back
- Arriving practice – three-step breathing space

What are we all doing here?

- Learning:
- To see 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
- *Cultivating a kinder, wiser self, readier to take skilful action in the face of the difficulties that life may present us with*

Reminder



Home practice

- Opening up practice
- How did you get on with your committed action?
- What moments of using your new skills did you notice? What was that like?

Getting present

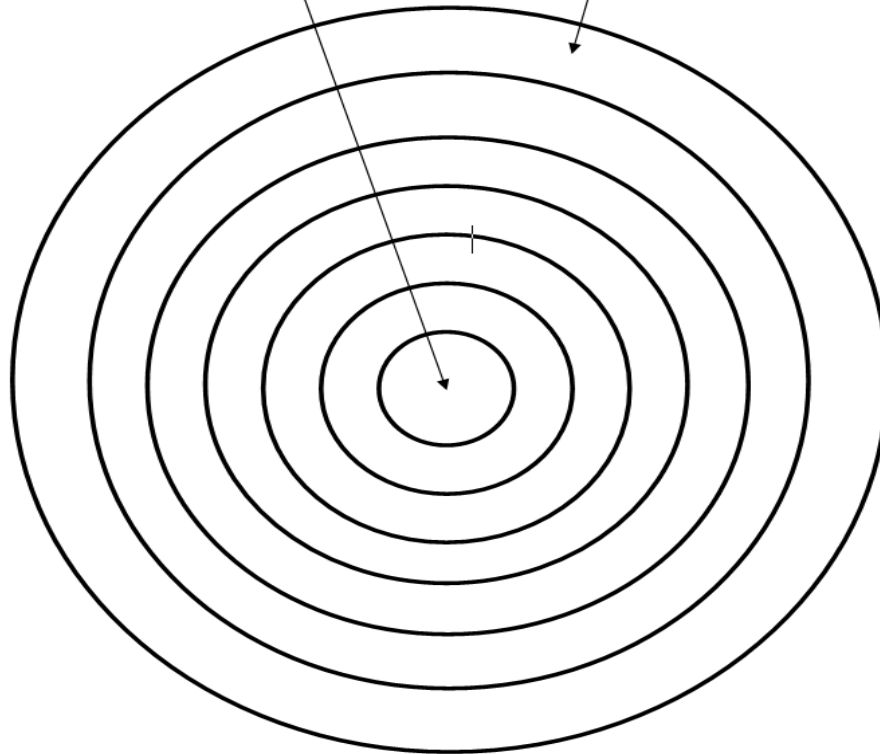
- Autopilot
- Acting on our values
- Using the five senses to get present
 - Sight
 - Hearing
 - Smell
 - Taste
 - Touch
- Different ways to get present



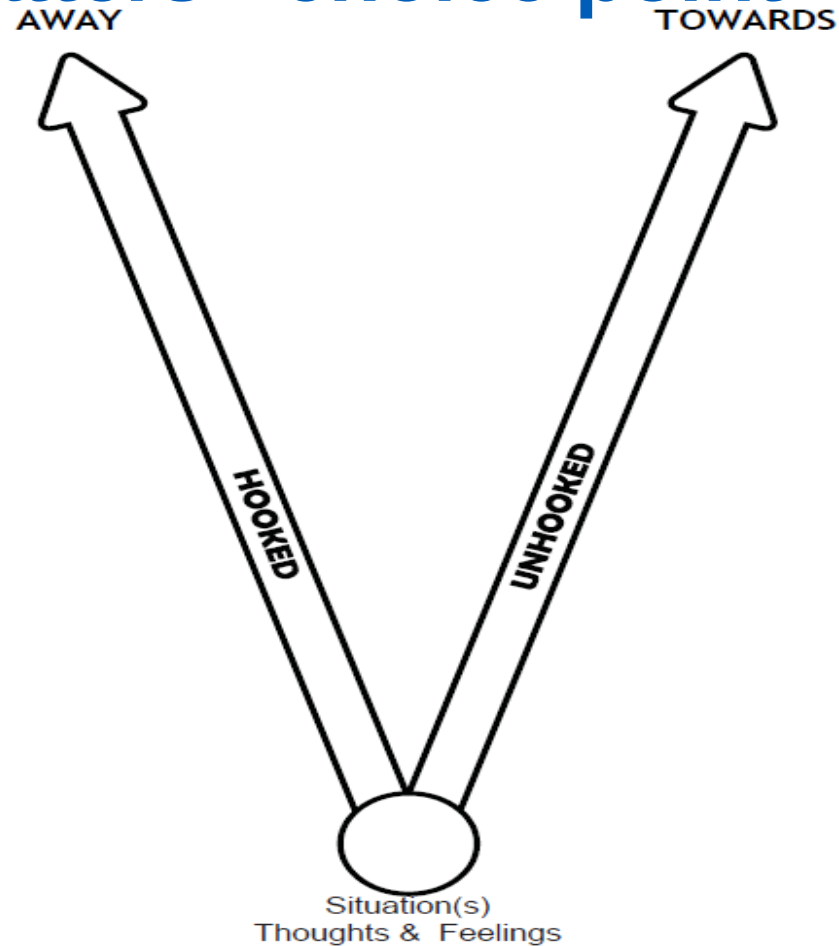
Do what matters - bullseye

*I am living fully by
my values*

*I have lost touch
with my values*



Do what matters - choice point



Choice Point 2.0 © Russ Harris, 2017 - adapted from the 'Choice Point' by Bailey Ciarrochi, Harris 2013

Opening up to experiences

- Values and pain, thoughts, emotions etc are flip sides of the same coin
- Exercise

Values-based goals

Remind yourself of your top 3 values

Set a goal related to a value

Use SMART goals to guide you:

S = specific

M = measurable

A = achievable

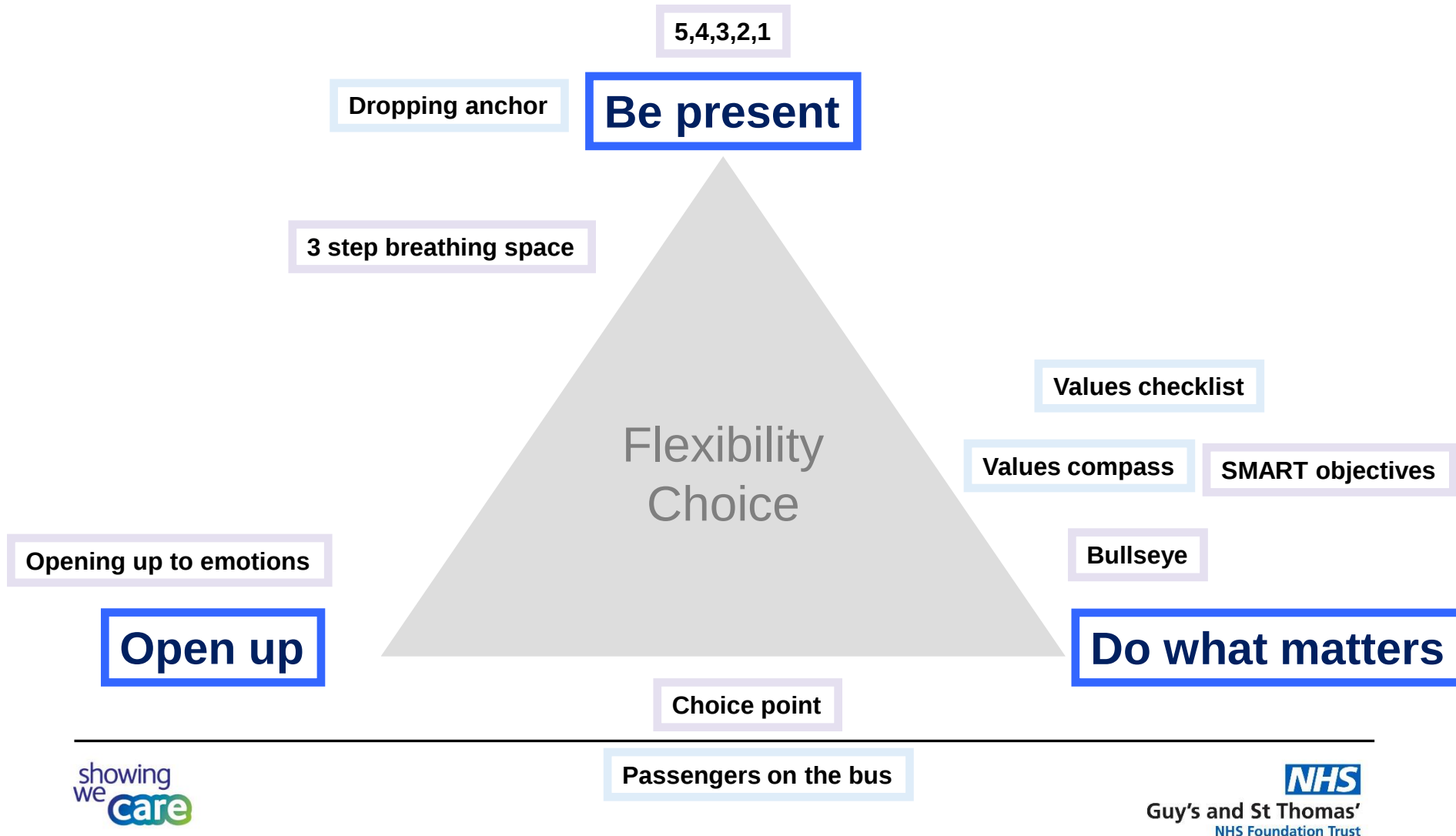
R = rewarding / relevant

T = time limited

Example: “be more present in my son’s life”

Allocate twice per week 20 minutes playing *his* favourite activities/games until half term (around 14th Feb)

Reminder



Summary of session 2

Note down one thing you learnt that applies to you

Between-session practice

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

