



Today's Talk

HIGHLIGHTS AND PRACTICES

What is Psychological Flexibility?

Preparing the Ground

The Six ACT Core Processes

- Being Present Daily
- Acceptance Daily
- Cognitive Defusion Daily
- Perspective Taking Daily
- Values Daily
- Committed Action Daily

The Four Noble-ish Sometimes Truths

OF ACT

1. LIFE IS PAINFUL
2. STRUGGLING WITH PAIN MAKES IT WORSE
3. FREEDOM FROM STRUGGLE IS POSSIBLE
4. PSYCHOLOGICAL FLEXIBILITY IS A WAY



One Year Later...Most Impacted



GENERATION Z

Most likely generation to say
mental health has been
impacted



BIPOC

Most likely to report concerns
about the future



ESSENTIAL WORKERS

More likely to be diagnosed
with a mental health disorder

ONE YEAR LATER...

PANDEMIC STRESS

EATING AND MOVEMENT

61% unwanted weight
changes
53% less physically
active

ALCOHOL

23% report increase
52% (parents report
increase)

SLEEP

67% sleeping more or
less

HEALTH CARE

47% delayed or
cancelled
appointments

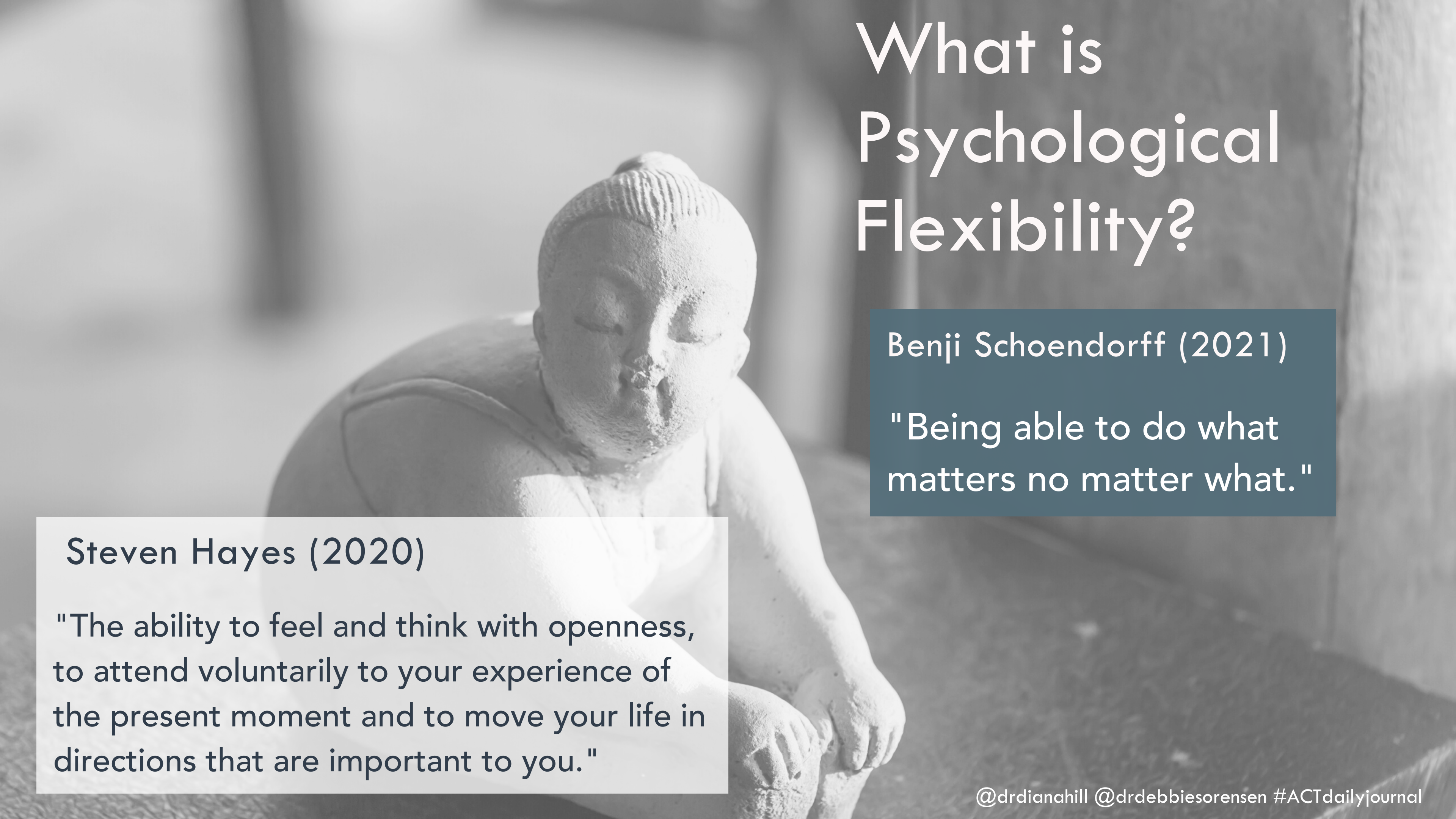
Psychological Flexibility During COVID

LOWER DEPRESSION, ANXIETY AND INSOMNIA

REDUCES SUICIDE RISK

MITIGATES IMPACT OF SOCIAL-ISOLATION

HELPFUL WITH FAMILY STRESS AND DISCORD



What is Psychological Flexibility?

Benji Schoendorff (2021)

"Being able to do what matters no matter what."

Steven Hayes (2020)

"The ability to feel and think with openness, to attend voluntarily to your experience of the present moment and to move your life in directions that are important to you."

What is Psychological Flexibility?

SIMPLY PUT: ACTING DAILY

ACCEPT.

be courageous, willing
and open

CARE.

orient toward what's
important to you

TAKE A STEP.

make a small move in
the direction of what
you care about

Benefits of ACTing Daily



MENTAL HEALTH

anxiety and stress
depression
substance use
chronic pain
insomnia
self-compassion

RELATIONSHIPS

perspective taking
empathy
intimacy
compassion
effective parenting
prosocial action

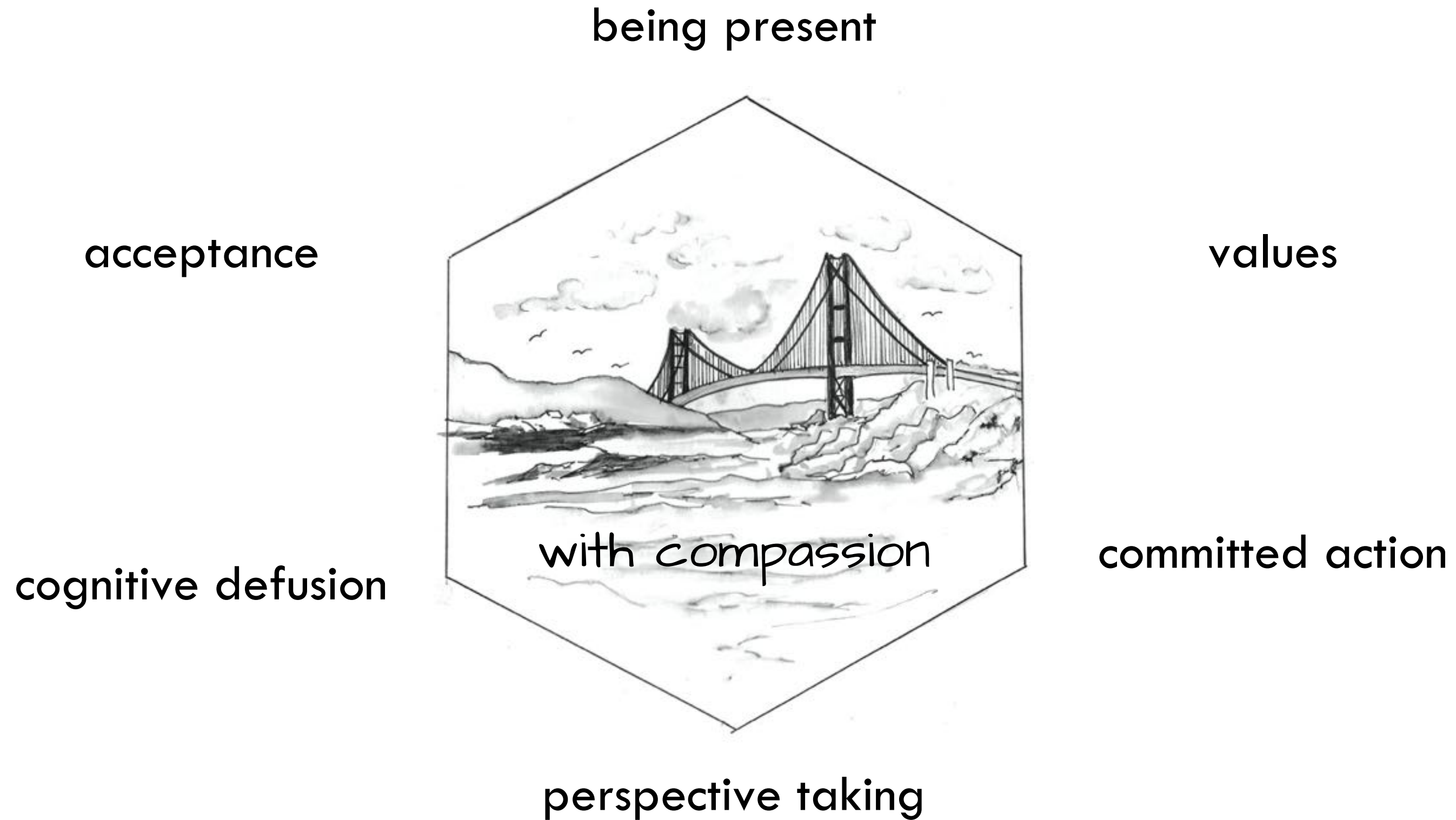
RESILIENCE

distress tolerance
grief and loss
chronic pain
burn out
post traumatic
growth

PERFORMANCE

work performance
athletic
performance
healthy behaviors
your chess game

6 Processes of ACT Daily



Prepare the Ground



COMPASSION

Give Compassion
Receive Compassion
Self-Compassion



SELF CARE

Real Self-Care
Physical Self-Care



INTENTIONAL USE OF TIME

Prioritize what is most
important to you





Being Present Daily Practice

TWO EYES IN

Notice the world inside you (mind, body, emotions)

TWO EYES OUT

Notice the world outside you with beginners eyes

ONE EYE IN + ONE EYE OUT

Be present in the life you have

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WHAT ARE VALUES?



qualities of how we live our life

verbs and adverbs

acting in ways that feel consistent with
the person we want to be in the world



WHAT ARE VALUES?

This not That

SEEKING
MEANING

SEEKING
COMFORT

DIRECTIONS

GOALS

PERSONAL

MORALS

CHOSEN

SHOULD

INHERENTLY
REWARDING

GOLD STARS

MAKE YOU
VULNERABLE

PROTECT YOU
FROM PAIN



DOMAINS



Family
Friends
Spirituality
Health
Leisure

Work/Education
Environment/Community
Creative Expression
Physical Self-Care
Romantic Relationships

VALUES



Compassionate
Courageous
Curious
Fair
Funny

Generous
Hardworking
Responsible
Humble
Independent

Loving
Loyal
Kind
Open

Acceptance



DIFFICULT TEAMS

T: Thoughts

E: Emotions

A: Action Urges

M: Memories

S: Sensations

What do you want to not think about, feel, or remember?

Experiential Avoidance Strategies

NUMBING

Do you overeat, restrict food, drink, use substances, overexercise?

BRACING

Do you tense up, clench your jaw, tighten your belly, hold your breath?

DISTRACTING

Do you fantasize, try and not think, overuse technology, multi-task?

GIVING UP

Do you avoid signing up, isolate, sleep too much, say no, cancel, or hide?

RUSHING THROUGH

Do you overwork, stay constantly busy, strive for more, talk quickly, move quickly through life?

OVERTHINKING

Do you intellectualize, problem solve, ruminate worry, or overanalyze

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Acceptance Daily Practice

BODY: GENTLY CONTACT AND ALLOW

MIND: GET CURIOUS, SAY 'YES' TO WHAT IS

BEHAVIOR: TAKE ACTION TOWARD VALUES,
EVEN IF IT'S UNCOMFORTABLE

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Cognitive Fusion

HOOKED BY UNHELPFUL THOUGHTS

Self-Criticism

Comparisons

Judgments and Opinions

"Shoulds"

Rules

Being Right



Cognitive Defusion Daily Practice

STEP BACK FROM YOUR THOUGHTS

GET FLEXIBLE WITH RULES, SHOULDs,
JUDGMENTS AND COMPARISONS

ATTEND TO HELPFUL THOUGHTS



Boxed in by Self-Stories

YOU MISS OUT ON NOW

YOU IGNORE CONTEXT

INFLEXIBLE BEHAVIOR

CONFIRMATION BIAS

INTERFERE WITH EMPATHY

ARE SELF-FULLING PROPHECIES

DISCONNECT YOU FROM A GREATER WHOLE

5. Perspective Taking



I AM...SOMETIMES

I AM NOT...SOMETIMES



Perspective Daily Practice

IDENTIFY STORIES THAT BOX YOU IN

GET FLEXIBLE WITH THEM

SEE YOUR STORY WITH COMPASSIONATE EYES

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Committed Action



TAKING ACTION

CONNECTING TO VALUES

EVEN IN THE FACE OF
OBSTACLES



Committed ACTION



MOTIVATE WITH VALUES

FOCUS ON ACTION OVER
OUTCOME

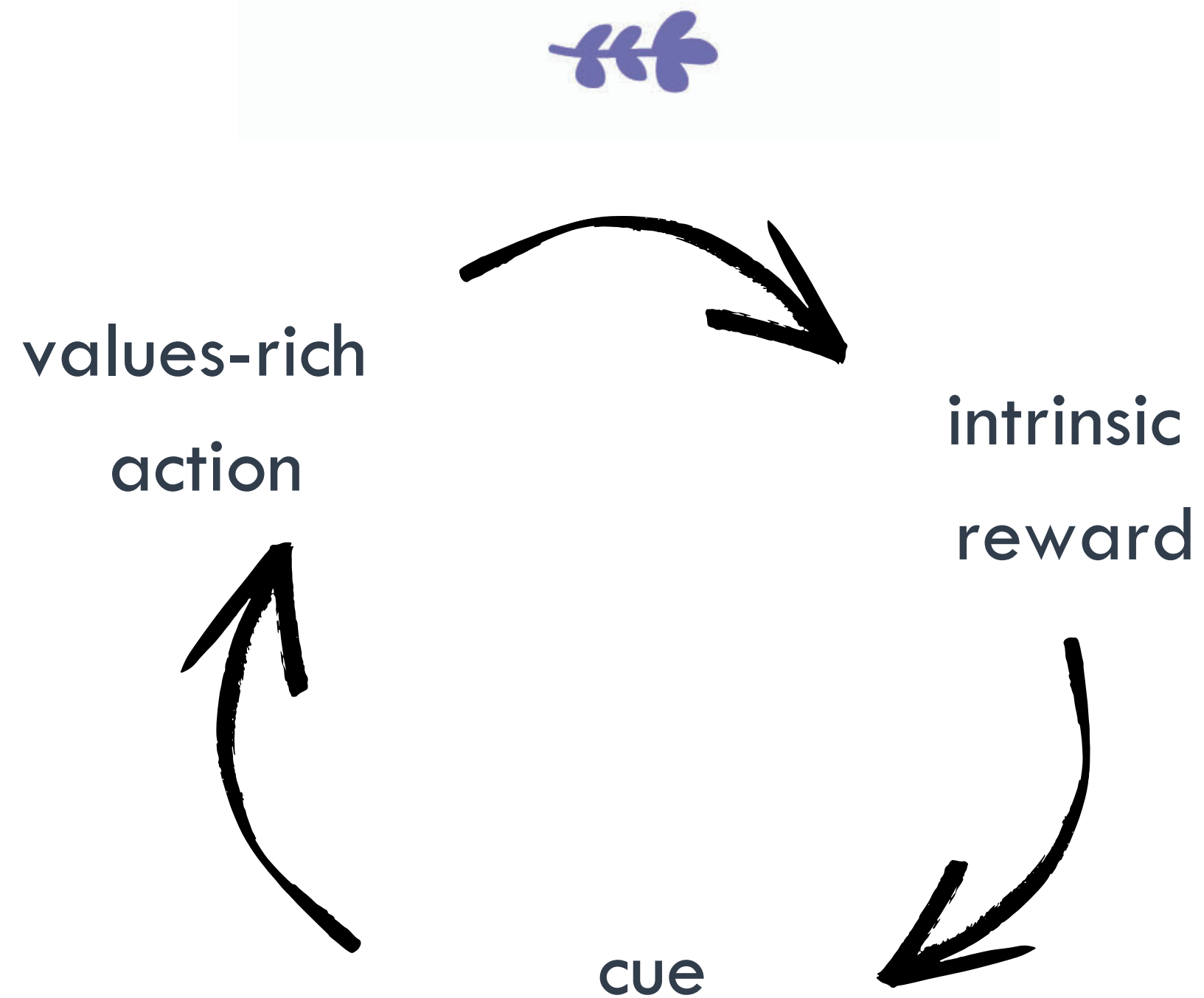
MAKE SMALL DAILY MOVES

USE BEHAVIORAL SCIENCE



Committed Action Daily

GROW VALUES-RICH HABITS DAILY



Resources



CONTEXTUALSCIENCE.ORG

PSYCHOLOGISTS OFF THE
CLOCK

A LIBERATED MIND

ACT DAILY JOURNAL



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InsightLA ACT Series

Sundays, 3:30-5:00pm (pacific)

JUN 27: ACCEPTANCE

AUG 29: VALUES-RICH LIVING

SEP 26: PERSPECTIVE TAKING

OCT 31: COMMITTED ACTION

DEC 26: INTEGRATION

Let's Stay Connected



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