



# Daily ACT

SIMPLE ACCEPTANCE AND COMMITMENT THERAPY  
(ACT) PRACTICES FOR DAILY LIFE



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April 28, 2021





# Today's Talk

## OVERVIEW

Why ACT Daily?

The Six ACT Core Processes

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

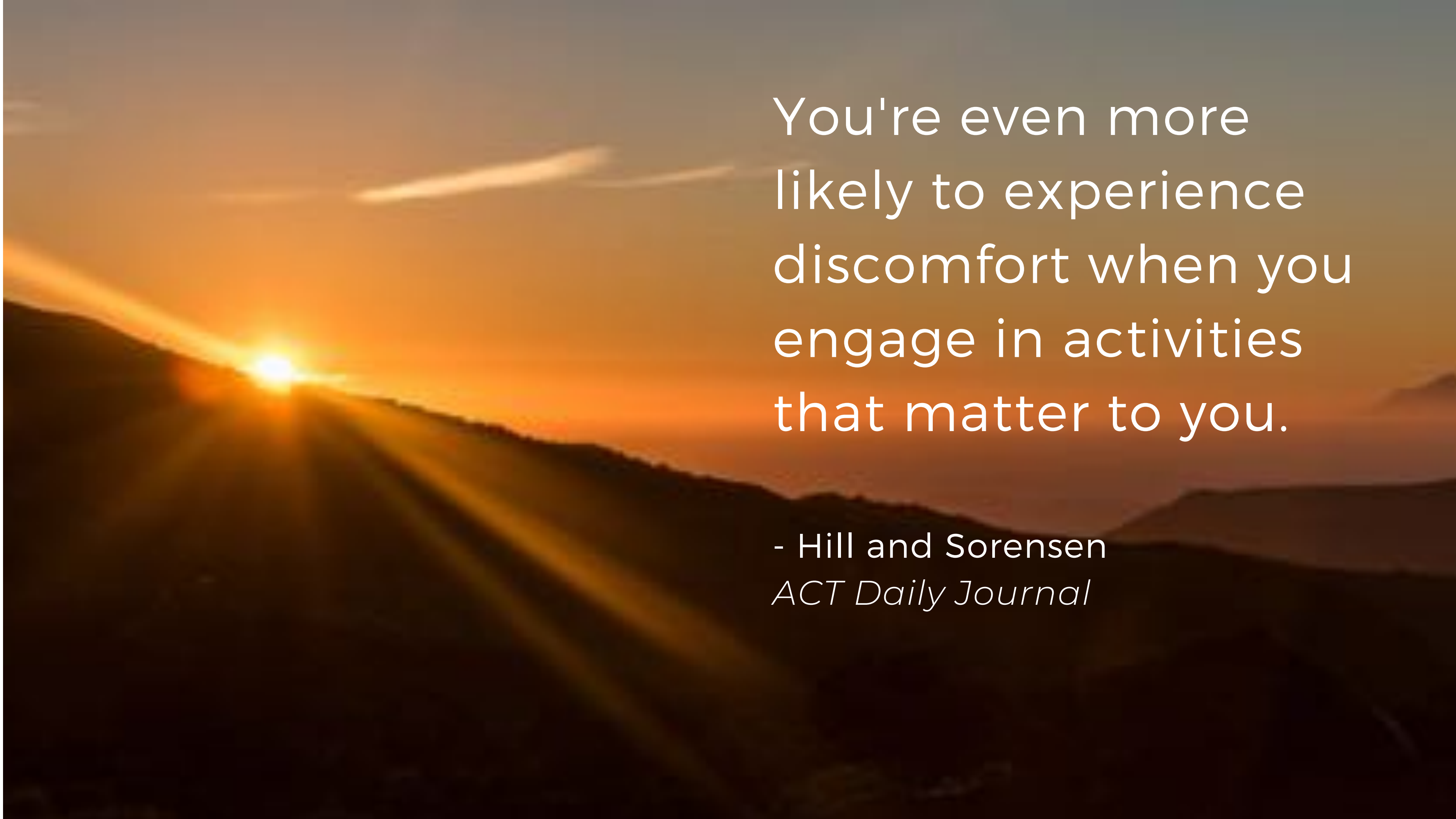


Nice to meet you.

WHAT IS IT THAT YOU CARE ABOUT THAT BROUGHT YOU HERE?

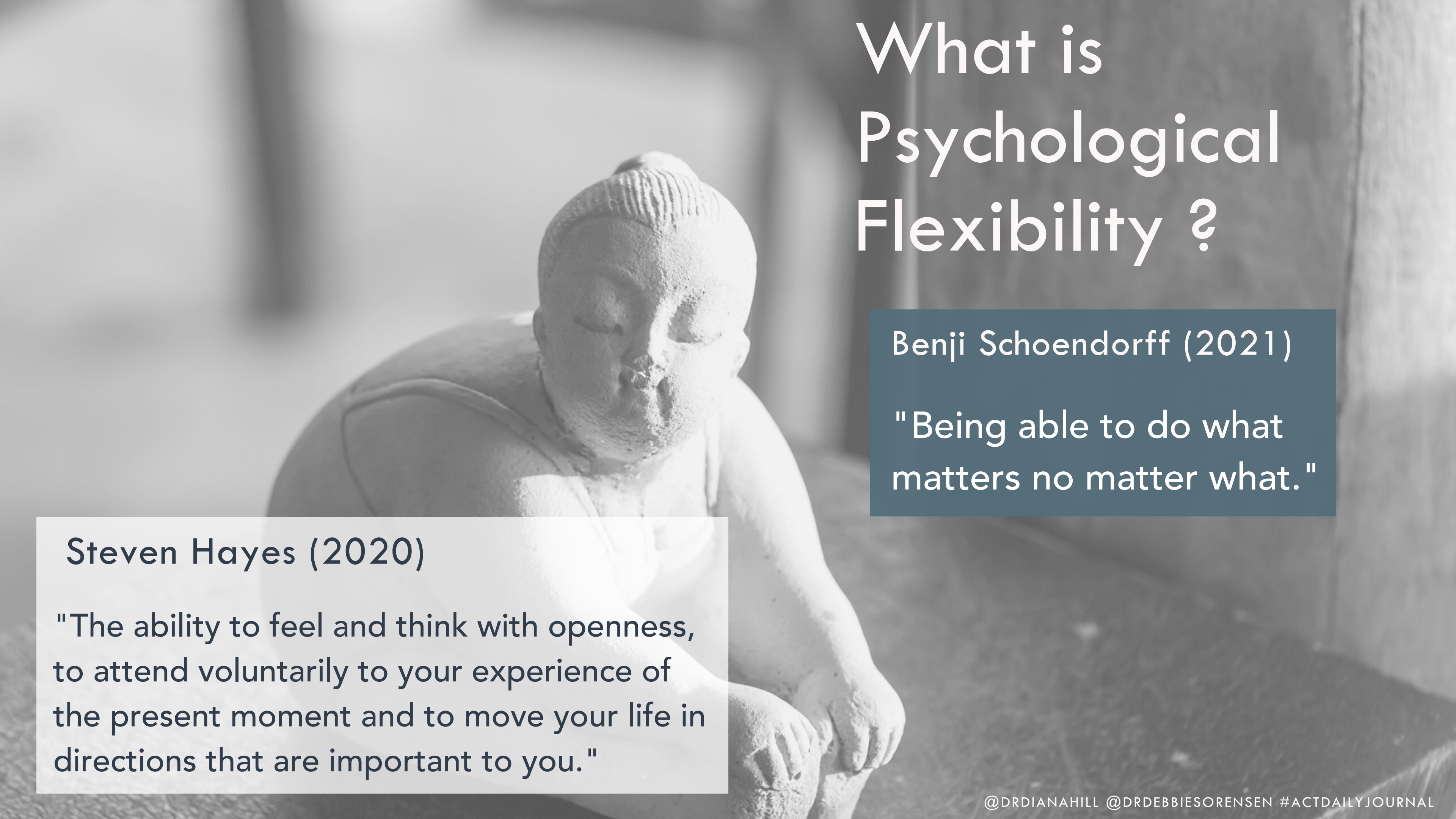






You're even more likely to experience discomfort when you engage in activities that matter to you.

- Hill and Sorensen  
*ACT Daily Journal*



# 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."



# Psychological Flexibility During COVID



LOWER DEPRESSION, ANXIETY AND INSOMNIA

REDUCES SUICIDE RISK

MITIGATES IMPACT OF SOCIAL-ISOLATION

HELPFUL WITH FAMILY STRESS AND DISCORD

# 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

being present

acceptance

committed action

cognitive defusion

values



perspective taking



# Pause - Notice - Choose

## PAUSE

When you sense a shift, create a small space.  
Before you react, take a step back and breathe.

## NOTICE

What do I notice around me?  
What do I notice in my body?  
What thoughts am I having?  
What am I feeling? Are my emotions telling me something?

## CHOOSE

What would my "best self" do in this moment?  
Choose how to respond by acting as your best self.



# 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?





# 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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# Defusion Daily Practice

## STEP ONE:

Think of a "Frequent Flyer" self-judgment that shows up for you.

## STEP TWO:

Type it in the chat with your pinkie finger!

## STEP THREE:

Notice what happens when you get playful with your thoughts.



# Perspective Daily Practice

IDENTIFY STORIES THAT BOX YOU IN

GET FLEXIBLE WITH THEM

SEE YOUR STORY WITH COMPASSIONATE EYES

TRANSCENDENT SELF

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# Committed ACTION



MOTIVATE WITH VALUES

FOCUS ON ACTION OVER  
OUTCOME

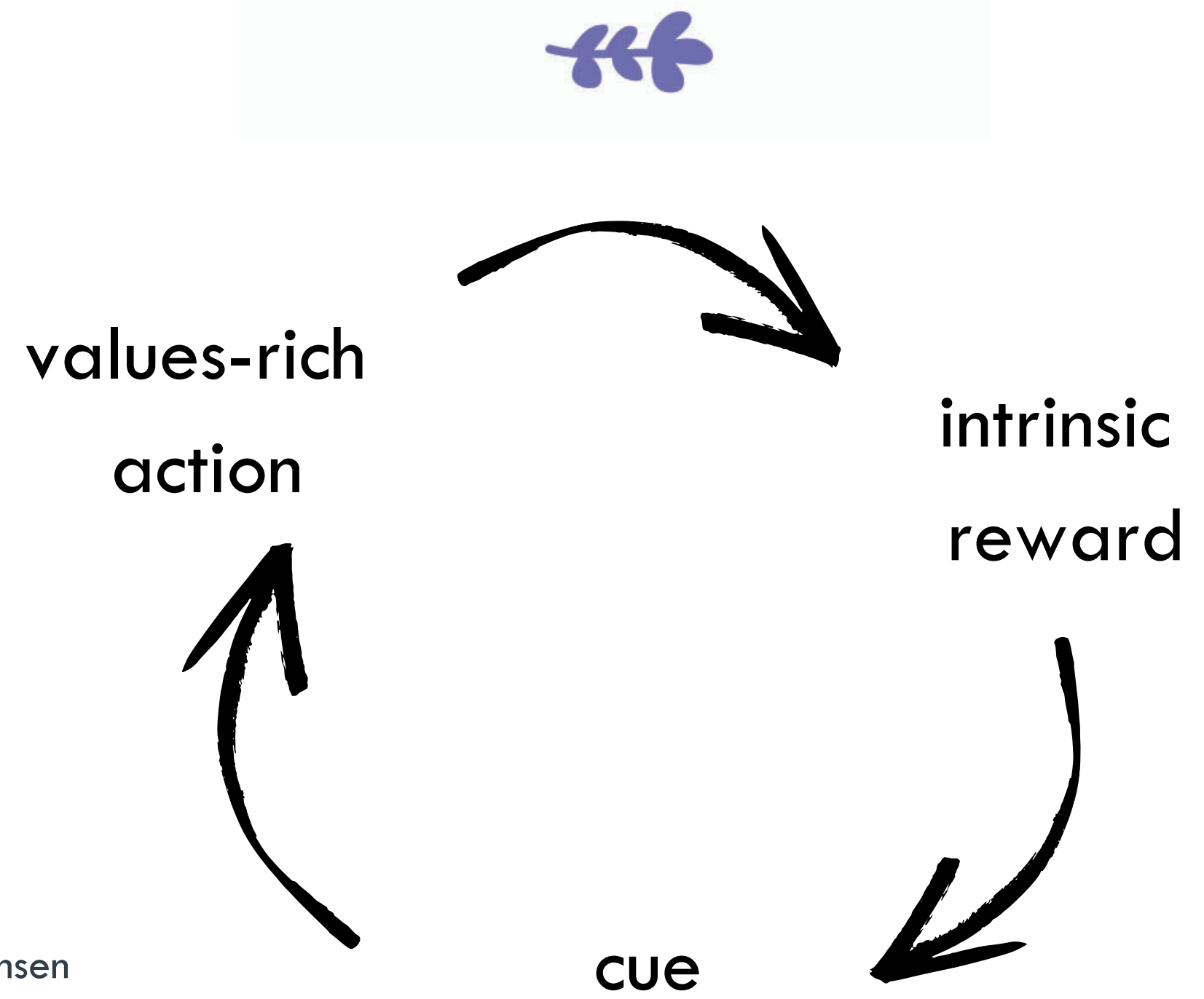
MAKE SMALL DAILY MOVES

USE BEHAVIORAL SCIENCE



# Committed Action Daily

GROW VALUES-RICH HABITS DAILY



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# Resources



ACT DAILY JOURNAL

PSYCHOLOGISTS OFF THE CLOCK  
PODCAST

CONTEXTUALSCIENCE.ORG

A LIBERATED MIND BY STEVEN  
HAYES



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