



Your Daily Practice

Episode 18

ACT Co-Founder Steven Hayes
Wants You to Rethink Your Mental Health

For too long, the mental health field has attempted to categorize and catalog human experiences. However, when it comes to your mental health, finding the individual processes that honors your unique experience is essential to promoting your well-being. When you are at your best, you may find some cues about what process works for you. In today's daily practice, use the process of observing yourself to explore what fits you.

1. Take a moment in the morning or at night, when lying in bed, to notice the space between the thoughts that your mind produces.
2. Take notice of the thoughts, emotions, and sensations that arise within this space.
3. Download the World Health Organization Stress Self-Help Protocol.