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# Your Daily Practice

## Episode 44

Reclaim the Holidays, Stay on Track and  
Get Psychologically Flexible With Act Expert Diana Hill

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The holiday season can be a mixed bag of stressors and wonders. Take back your holidays and make them more meaningful and connected with ACT. Here is an overview of the 6 steps Diana talked about in this episode that you can try at home. Pick one or two to focus on!

### Practices to try this week:

- Step 1. Identify Your Hopeless Avoidance Behaviors
- Step 2. Practice Self-compassion
- Step 3. Focus on meaning, psychological richness and fun
- Step 4. Let go of your stories about yourself and others
- Step 5. Accept the good, the bad and the ugly
- Step 6. Be Present where it matters most
- Step 7. Tend to the needs of the day