Welcome back to week 3 of Your life, Your way DNA-V

Today

• The NOTICER
• Steps to being a flexible Noticer: A-N D
• Choosing your response to your thoughts and feelings
• You can’t stop thoughts and emotions, and struggling to control them and avoid having them can cause mental health problems
Recap

• What are Values?
• How can you use Values to create your life your way?
Last week’s Home practice

DO the goals you have created over the next week. Review how it went.

WATCH these videos
Wellbeing for children: identity and values - https://www.youtube.com/watch?v=om3INBWfoxY
SOS! The human mind: Your ACT auntie – https://www.youtube.com/watch?v=aLi8-Mi6eqA
Values vs Goals: Russ Harris – https://www.youtube.com/watch?v=T-lRbuy4XtA
Noticer
The way others react is to tell us not to have some feelings, so we learn to avoid, hide or try to control them.

- Calm down
- Ignore it
- Be strong
- Don’t cry
- Don’t think about it
- Distract yourself
- Be happy, look on the bright side

Positive vibe only
If I had a magic wand that could take away all the unpleasant feelings and allowed you only to have nice, enjoyable and pleasant feelings? No pain, no sadness, no fear, no grief, no anger...
Overwhelmed

Challenging Self

Comfort Zone
Take a Slow Breath
AWARE – WHAT IS GOING ON INSIDE YOUR BODY

NAME – NAME THE PHYSICAL SENSATION

DESCRIBE – IS THE AWARENESS AND NAME OF THE SENSATION CONNECTED TO A FEELING?
1. All feelings are normal
2. All feelings are okay
3. Feelings just are
4. Feelings pass by themselves
Home Practice

- Spend some time this week practicing the 3 noticer steps A-N-D (Become **aware** of any physical sensations or messages your body is sending you, **name** the sensation, **describe** the feeling)

- Apply the new “rules” for feelings
See You
Next week