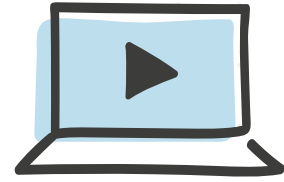


# ACTIVATE YOUR LIFE



ACTivate Your Life is a psychology course that will help you to understand yourself better, and to understand your Mind. The course is based on a relatively new approach to therapy – ‘Acceptance and Commitment Therapy’ (ACT).

ACT helps people to overcome their suffering using ‘Mindfulness’ and by helping them understand how to live in accordance with their own important values.

The course is all about you having a better life.



The course is in four filmed sessions:

## ACT 1

### You Are Not Your Mind

Learn about how your Mind works – and how it often works against you. But by taking more control, you can stop your Mind spoiling things for you.

## ACT 2

### Facing Up To Life

We often make great efforts to avoid or change things that can't be changed, and this can make things worse for us. It's often better to use Acceptance.

## ACT 3

### Being Mindful

Mindfulness enables us to focus more on the present – and the benefits of this are extremely powerful. Learn how to practice the art of ‘just noticing’.

## ACT 4

### Living Wisely, Living Well

What matters to you? What do you really care about? Discover how acting in tune with your values can be the very best way for you to have a better life.

# ACT 1

## You Are Not Your Mind

Some of our actions are under our own (conscious, deliberate) control, but many of our actions are directly controlled by our Mind.

Automatic actions such as breathing and walking are sometimes said to be 'on autopilot'. It is useful if ordinary routine actions are carried out automatically so that we don't have to think about them. But often it is better for us to think carefully about what to do – and to do things 'thoughtfully' or 'Mindfully'. For example, it is often better for us to shop Mindfully (or 'wisely') rather than impulsively. It is often a bad idea to allow our Mind to decide what we will do and this can lead to a lot of unnecessary suffering.



**ACTivate Your Life will help you to be more thoughtful about what you do – and to suffer less.**

### How the Mind works

- 1** Your Mind does its own thing – you have no control over many of the things that it does
- 2** You can't direct your Mind to stop doing something, but you can direct it to do something
- 3** Your Mind constantly judges, compares and searches for meaning and patterns
- 4** Your Mind always tries to figure out 'what's going on' and often jumps to conclusions
- 5** Your Mind wanders, it travels through time and space
- 6** Your Mind is very clever but it often gets things wrong
- 7** Your Mind is always looking out for threats and, to avoid danger, it is very cautious
- 8** Your Mind is often highly critical and it is likely to be very critical of you
- 9** Your Mind always tries to maintain control and it will resist you taking control

### The Mind wanders and will often follow a strange or distressing stream of thought.

Through the power of language and the ability to create detailed images, the Mind can make past events 'happen again' – triggering powerful emotional responses including repeated 'endless' suffering.

Your Mind's wandering will often take your attention away from what's going at the moment – and it may take you to places and issues that you find worrying and distressing.

#### What can you do about this?

You cannot switch your Mind off – and there's little that you can do to divert it. The best thing to do is simply to 'let it be' (while noticing what your Mind is up to).

It is very important for you to recognise that you are not bound to believe everything that your Mind tells you or to go along with its ideas.

### The Mind constantly compares things

It often makes negative comparisons which can bring us down. So even when things are fine, your Mind may well suggest that...

*It won't last*

*It could be a whole lot better*

*It was better before*

### Our critical Mind

Our Mind is very critical – and it is often especially critical (and even insulting) towards us. We can't stop this happening but we can learn to live with it so that we are no longer hurt when our Mind has a go at us!

We would be better off if we were more thoughtful and took over more control of our actions, so that they became less 'automatic', less 'on autopilot', less Mindless and more Mindful – this is possible!

### The Mind often makes mistakes

It may tell us that a situation is very dangerous when it's not – or that we really should check something when there's no real need to do so. Thus our Mind may worry us unnecessarily and hold us back from doing things that could make our life more interesting and more enjoyable.



### Our Mind is always looking out for danger

Our Mind evolved to keep us safe, and this means that it is always on the lookout for any possible threat. But Minds tend to be over-sensitive – they may become alarmed too easily and may worry us and frighten us when there's no real danger. And because it is very sensitive to any potential threat – now or in the future – the Mind tends to be very cautious (better safe than sorry) and often tries to hold us back from doing anything different or daring.



### The key thing is what we do

When we know that our Mind has got it wrong, the sensible thing to do is to ignore our Mind's silly warnings and to do the wise thing. But this may not be easy and it may take a lot of courage.

**The Mind likes to be in control, but your Mind doesn't have the power to control what you do.**



**FEEL THE FEAR...  
AND DO IT ANYWAY**

### You are not your Mind

Your Mind travels here and there, and back and forth in time. But you, the observer, are always here and in the present – for you it's always now.