



I just want  
to be...  
**ME!**

Resource Guide For Therapists

**Taking Action** – Pick an area (or 2) to focus on for several days or a week, notice what happens, then pick another, and so on.

|   |  |
|---|--|
| Express gratitude   | What are you grateful for? What people? Why? What parts of yourself? Opportunities? Things from the natural world? Other things? Think/write about 3, giving yourself time to really feel how much better life is because these things exist.  |
| Practise optimism   | Look at the various aspects of your life, like friends, family, school, health, work, your personal qualities, the way you approach life – and imagine what you would be doing if unpleasant feelings weren't holding you back.  |
| Avoid obsessing over things                               | Defuse from unhelpful thoughts rather than argue with them. Notice what your mind is doing- catch thoughts in flight so they don't automatically drive your behaviour. "I notice I am having the thought that _____ which gives me the urge to _____. Thanks, mind"                                    |
| Practise acts of kindness                                 | Aim to do more than you are used to. Enjoy people's reactions when you do something kind and unexpected  |
| Make time for friends                                     | Be supportive and loyal. Watch out for what your mind might do, coming up with reasons not to do things-"I'm too tired" "I don't feel like it" – if you value friendships, you could feel these sorts of things yet still make time for friends  |
| Develop coping strategies                                 | Try to reframe how you see things, to see what you learn or gain from experience. Look for ways to soothe yourself that fit in with your values.   |
| Learn to forgive  | Like being stuck on a fishhook with the other person – you can't get off till you let them off. Forgiveness is a gift for your self, too. It does not mean forgetting, but it means deliberately choosing to get on with living and not be held back   |
| Immerse yourself in activities                            | Activities that take your whole attention – a state called 'flow' – are beneficial. Be open to new activities, look around.  |
| Savour life's joys  | Instead of rushing, take longer with something you enjoy. Notice the experience with all your senses. Take a long cut instead of a short cut   |
| Work towards meaningful goals while living by your values | What do you want to stand for in life? What kind of life do you want to be living? How do you want to be remembered? What kind of friend/family member/student/worker/human do you want to be? What do you want to achieve? What is the first small step you can take today in line with these things? |
| Practise religion and spirituality                        | What do you believe in? If not in an organised religion, how else can you give thanks or express your spiritual side?  |
| Exercise  | Has a proven effect on feelings of depression and anxiety. Should be regular, and hard enough that it is a bit difficult to talk while doing. Your health is a good thing to value.  |