

Group 'Norms'/Guidelines

PRIVACY & CONFIDENTIALITY:

1. If not already done, please rename yourself so that only use your first name is visible.
2. Private, quiet space. No one in the room with you/walking by.
 - Unless you are in the room with someone who is also registered for this workshop.
3. We recommend using headphones if you have them so that the conversation can stay confidential
4. Virtual backgrounds off
5. Sensitive/personal information that is shared in the group stays in the group

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Group 'Norms'/Guidelines

ETIQUETTE:

1. If you are having technical issues, please private message your Co-Host or refer to the document attached at the very beginning of the Chat section to help you troubleshoot.
2. Mute yourself when not speaking to limit background noise. **Note:** our facilitators can mute you if there is a lot of background noise. Please unmute yourself if you would like to talk.
3. Raise a Hand function is available if you have a question. If your raised hand is not acknowledged verbally or in the chat, it has likely not been seen by the Facilitators. Please indicate in the chat that you have a question or type your question in directly and it will be addressed as time permits.

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Group 'Norms'/Guidelines

WORKSHOP STRUCTURE:

1. Break time
2. Leaving the workshop – please private message your Co-Host if you need to excuse yourself during non break times. We want to make sure you are ok.

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Objectives for Today:

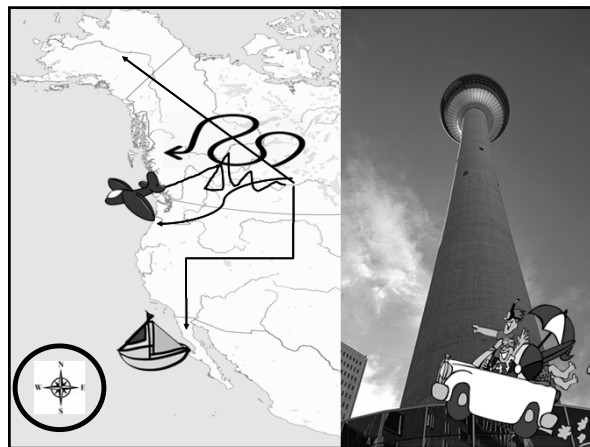
- ▶ To help you struggle less with your inner experiences (thoughts, sensations, urges and memories) so that you can better focus on what is important to you in life.
- ▶ Each of you will start to identify what is important to you, what you want to be doing, what gets in your way and what you want to do less of
- ▶ Through experiential exercises we will explore different ways of relating to the inner experiences that cause us distress
- ▶ You will leave with different techniques to implement a plan for how you can move towards what is important to you

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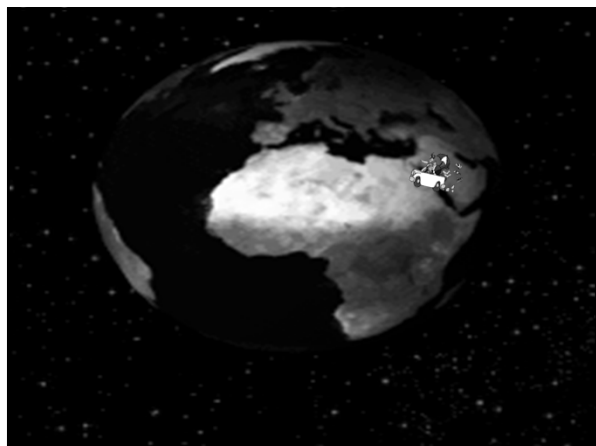
What are values?

Principles or standards of behavior;
one's judgement of what is important
in life."-Oxford Dictionary

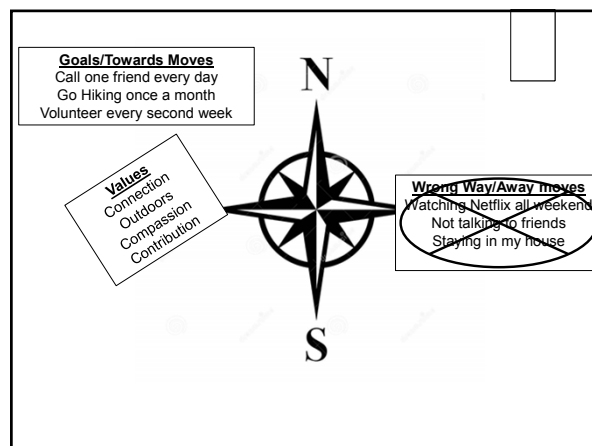
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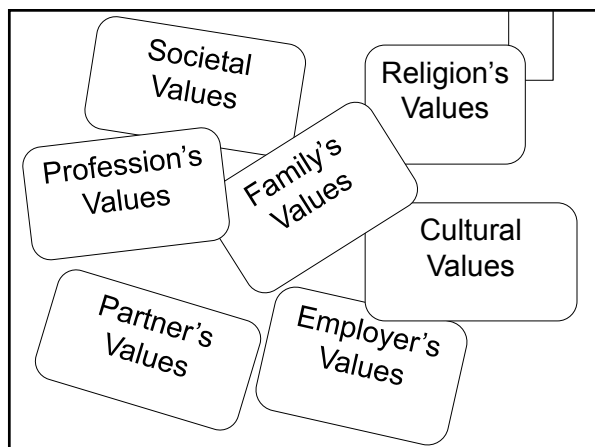
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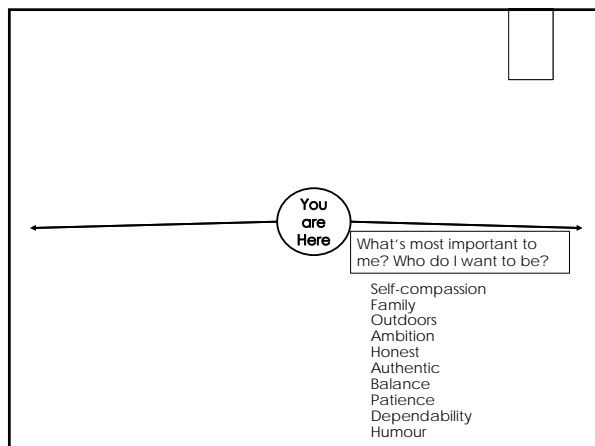


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Stop SHOULDING all over yourself!

- ▶ What do **YOU** value the most?
- ▶ In an **IDEAL WORLD** who would **YOU** want to be?
- ▶ What do **YOU** want to stand for?
- ▶ What do **YOU** want to be remembered for?

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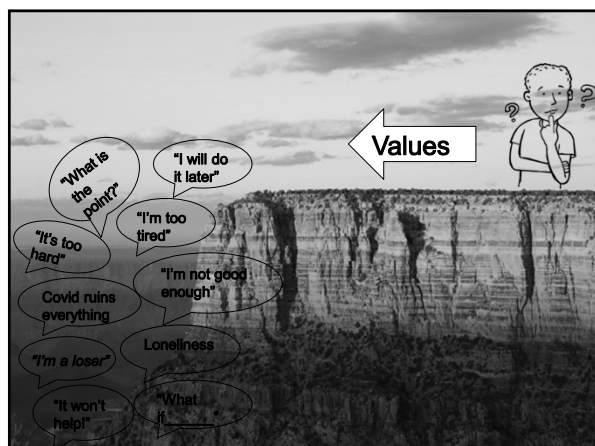


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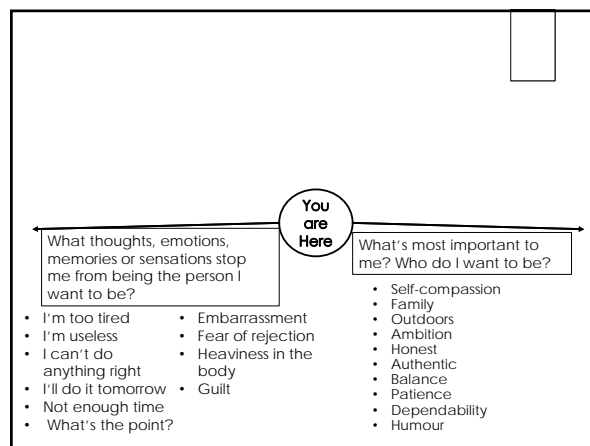
Values

- | | | |
|-----------------|-------------------|--------------------|
| ▶ Acceptance | ▶ Fairness | ▶ Persistence |
| ▶ Adventure | ▶ Fitness | ▶ Pleasure |
| ▶ Assertiveness | ▶ Flexibility | ▶ Respect |
| ▶ Authenticity | ▶ Friendliness | ▶ Responsibility |
| ▶ Caring | ▶ Forgiveness | ▶ Romance |
| ▶ Challenge | ▶ fun | ▶ Self-compassion |
| ▶ Compassion | ▶ Generosity | ▶ Self-awareness |
| ▶ Connection | ▶ Gratitude | ▶ Self-development |
| ▶ Contribution | ▶ Honesty | ▶ Self-control |
| ▶ Conformity | ▶ Humour | ▶ Sensuality |
| ▶ Cooperation | ▶ Intimacy | ▶ Spirituality |
| ▶ Courage | ▶ Kindness | ▶ Supportiveness |
| ▶ Creativity | ▶ Love | ▶ Trust |
| ▶ Curiosity | ▶ Mindfulness | |
| ▶ Encouragement | ▶ Order | |
| ▶ Equality | ▶ Open-mindedness | |
| ▶ Excitement | ▶ Patience | |

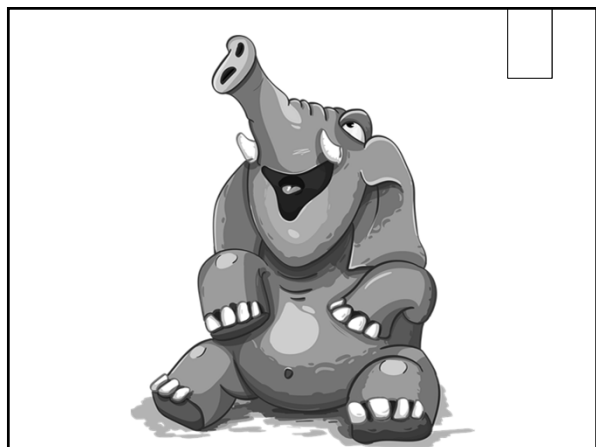
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Tell me what comes next...

- ▶ Eenie, meenie, miney ____
- ▶ Mary had a little ____
- ▶ Humpty Dumpty fell off a ____
- ▶ Jack and Jill went up the ____

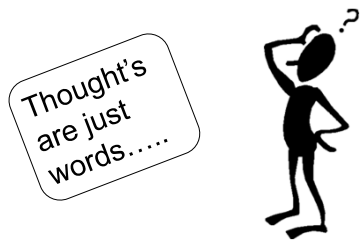
Now take a second and read this to yourself and fill in the blanks in your own mind.

- ▶ I am ____
- ▶ I am scared ____

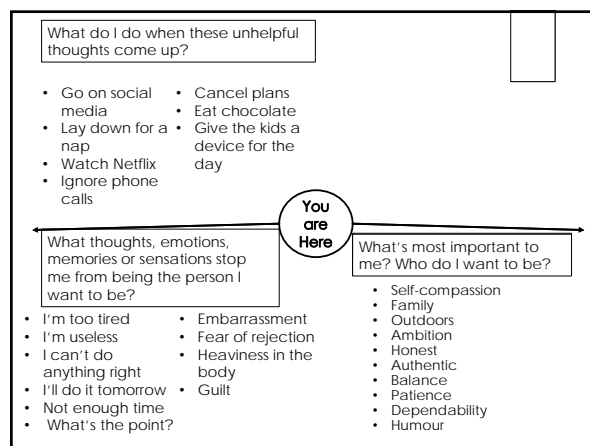
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The power we give to thoughts...

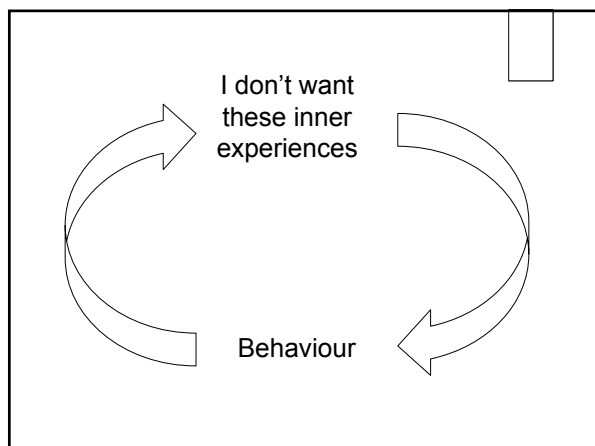
I can't touch my head...



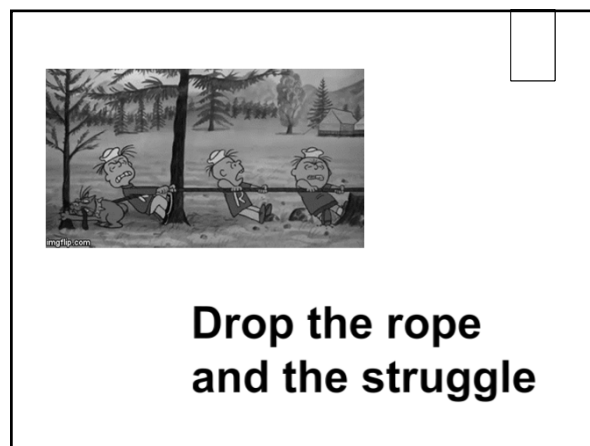
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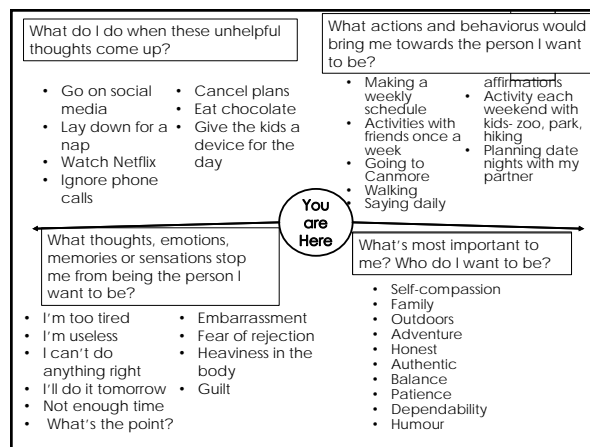


Drop the rope and the struggle

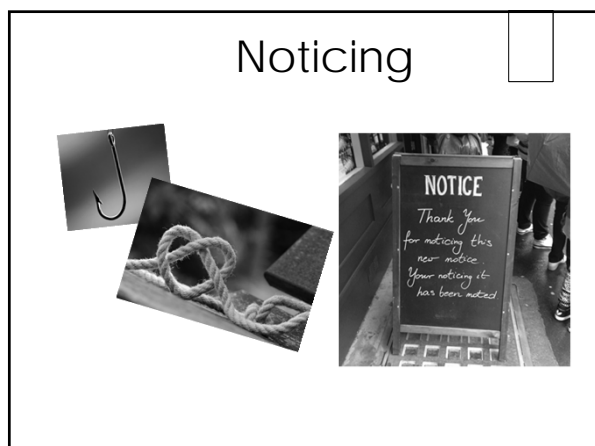
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- ▶ So what if we were to touch our head while thinking we can't?
- ▶ What if these inner experiences were not getting in our way?
- ▶ What if we were not using all of our energy to pull on the rope? What would you be focusing on instead? What would I see you doing?

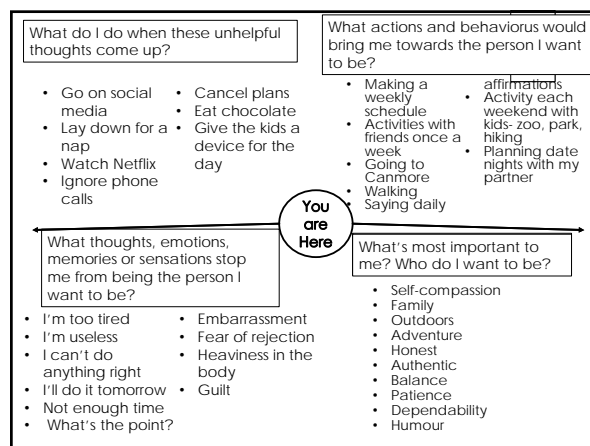
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New Ways of Responding

Smelly Velcro Cat

① This is smelly Velcro Cat... It's not your fault, but it's stuck. But you cannot get rid of him...

Imagine Smelly Velcro cat as your difficult thoughts and feelings...

② You can struggle and try to pull him away... but can you think of people you care about while you are caught up in your thinking?

③ You can struggle and try to pull him away... but can you focus on what matters to you when all your energy is here?

④ So could you allow him to be there? You don't have to mind him or like him but have the things and there is no way to get rid of him.

So could you drop the struggle? make room for him and allow him to be there while you move your arms and legs and take action to follow what matters to you deep in your heart?

Go away!

So could you drop the struggle?

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New Ways of Responding

Visualization-

- ▶ Imagine leaves floating down a river and imagine placing the thoughts on the leaf and allowing them to float away on their own.
- ▶ Imagine your thoughts are clouds moving across the sky
- ▶ Imagine thoughts are junk mail, you can't stop it from coming in, but you do not have to read it!

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HELLO my name is

- ▶ Identify your main unhelpful thoughts/emotions/sensations and name them. Whenever you notice these arrive, acknowledge that that story is there and continue to take steps moving towards your values.
- ▶ For instances- "there's the dooms day story" or "this is the not good enough story" or "There is judge Judy making judgements about me again"

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You can ask yourself...

- ▶ "What would I get for buying into this story?"
- ▶ "Is this an old story? Have I heard it before?"
- ▶ "How has this thought/behaviour worked for me in the past?" If it has not worked, ask yourself "what should I let control me, my mind or my experience?"
- ▶ "Does this thought/behaviour help move me towards or away from the person that I want to be". If away, you might try thanking your mind for the thought and focusing on an action that brings you towards the person you want to be

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Acceptance of the thought/emotion/sensations- you don't have to like it, want it or approve of it in order to accept it. Try making peace with what is already here.

Reasons can be seen as excuses. If you have a reason why you can't do something, try switching the "but" for an "and".
For instance: I want to go to the gym ~~but~~ AND I'm tired/had a bad day. I want to go out ~~but~~ AND I am depressed/ had a bad day/tired.

Put your thought to a musical tune (Happy Birthday, Mary had a Little Lamb) and sing the thought to remind yourself they are just words

In an effort to remind yourself that thoughts are just words, when you notice a thought, try saying "I am having the thought that [insert thought]"
To take this a step further try saying "I am noticing, that I am having the thought [insert thought]"

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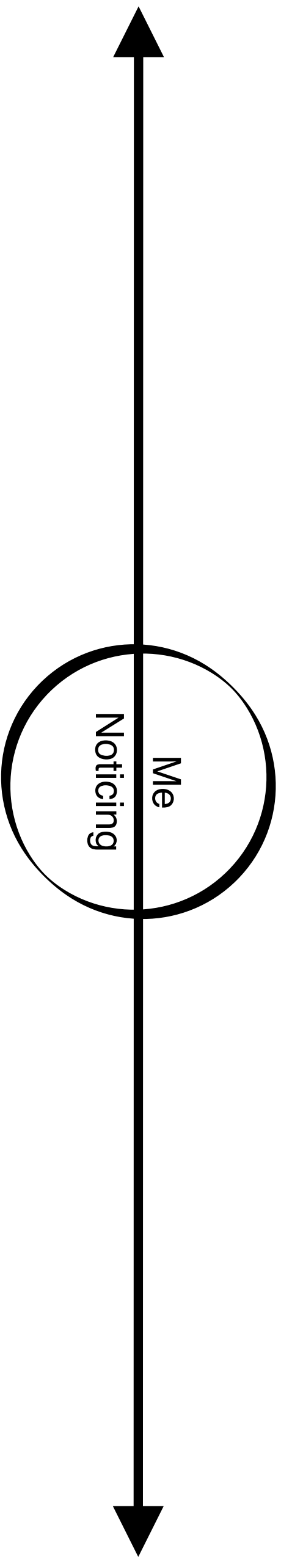
Connect with the present moment

- ▶ Move your awareness to the breath and focus on the changing physical sensations as the breath enters and exits your body. When the mind wanders simply bring your awareness back to the breath
- ▶ Look around the room and identify 5 things you can:
 - Smell See Hear
 - Taste Feel

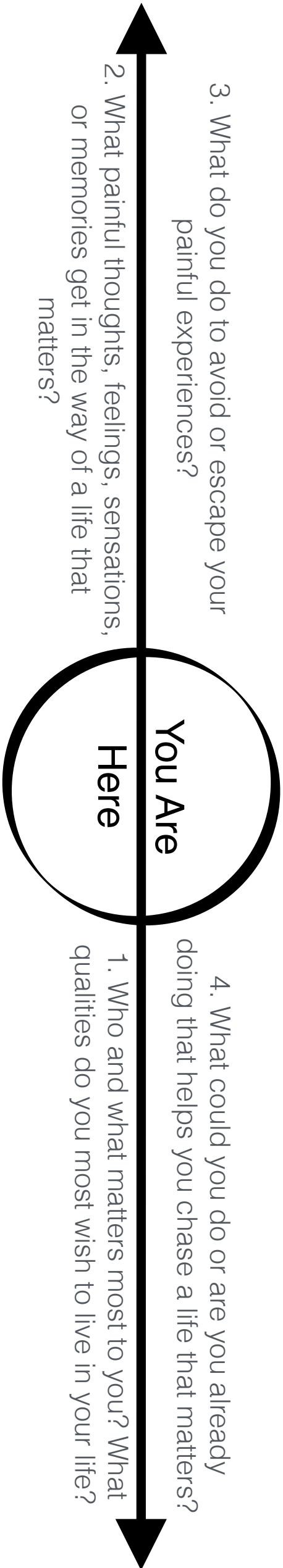
For more mindfulness tools, check out our module on Mindfulness for Depression!

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Life Map



Life Map



A Quick Look at Your Values – page 1

Values are your heart's deepest desires for how you want to behave as a human being. Values are not about what you want to get or achieve; they are about how you want to behave or act on an ongoing basis.

There are literally hundreds of different values, but below you'll find a list of the most common ones. Probably, not all of them will be relevant to you. Keep in mind there are no such things as 'right values' or 'wrong values'. It's a bit like our taste in pizzas. If you prefer ham and pineapple but I prefer salami and olives, that doesn't mean that my taste in pizzas is *right* and yours is *wrong*. It just means we have different tastes. And similarly, we may have different values. So read through the list below and write a letter next to each value: V = Very important, Q = Quite important, and N = Not so important; and make sure to score *at least ten* of them as Very important.

1. Acceptance: to be open to and accepting of myself, others, life etc
2. Adventure: to be adventurous; to actively seek, create, or explore novel or stimulating experiences
3. Assertiveness: to respectfully stand up for my rights and request what I want
4. Authenticity: to be authentic, genuine, real; to be true to myself
5. Beauty: to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc
6. Caring: to be caring towards myself, others, the environment etc
7. Challenge: to keep challenging myself to grow, learn, improve
8. Compassion: to act with kindness towards those who are suffering
9. Connection: to engage fully in whatever I am doing, and be fully present with others
10. Contribution: to contribute, help, assist, or make a positive difference to myself or others
11. Conformity: to be respectful and obedient of rules and obligations
12. Cooperation: to be cooperative and collaborative with others
13. Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty
14. Creativity: to be creative or innovative
15. Curiosity: to be curious, open-minded and interested; to explore and discover
16. Encouragement: to encourage and reward behaviour that I value in myself or others
17. Equality: to treat others as equal to myself, and vice-versa
18. Excitement: to seek, create and engage in activities that are exciting, stimulating or thrilling
19. Fairness: to be fair to myself or others
20. Fitness: to maintain or improve my fitness; to look after my physical and mental health and wellbeing
21. Flexibility: to adjust and adapt readily to changing circumstances
22. Freedom: to live freely; to choose how I live and behave, or help others do likewise
23. Friendliness: to be friendly, companionable, or agreeable towards others
24. Forgiveness: to be forgiving towards myself or others
25. Fun: to be fun-loving; to seek, create, and engage in fun-filled activities
26. Generosity: to be generous, sharing and giving, to myself or others
27. Gratitude: to be grateful for and appreciative of the positive aspects of myself, others and life
28. Honesty: to be honest, truthful, and sincere with myself and others
29. Humour: to see and appreciate the humorous side of life
30. Humility: to be humble or modest; to let my achievements speak for themselves

A Quick Look at Your Values – page 2

31. Industry: to be industrious, hard-working, dedicated
32. Independence: to be self-supportive, and choose my own way of doing things
33. Intimacy: to open up, reveal, and share myself -- emotionally or physically – in my close personal relationships
34. Justice: to uphold justice and fairness
35. Kindness: to be kind, compassionate, considerate, nurturing or caring towards myself or others
36. Love: to act lovingly or affectionately towards myself or others
37. Mindfulness: to be conscious of, open to, and curious about my here-and-now experience
38. Order: to be orderly and organized
39. Open-mindedness: to think things through, see things from other's points of view, and weigh evidence fairly.
40. Patience: to wait calmly for what I want
41. Persistence: to continue resolutely, despite problems or difficulties.
42. Pleasure: to create and give pleasure to myself or others
43. Power: to strongly influence or wield authority over others, e.g. taking charge, leading, organizing
44. Reciprocity: to build relationships in which there is a fair balance of giving and taking
45. Respect: to be respectful towards myself or others; to be polite, considerate and show positive regard
46. Responsibility: to be responsible and accountable for my actions
47. Romance: to be romantic; to display and express love or strong affection
48. Safety: to secure, protect, or ensure safety of myself or others
49. Self-awareness: to be aware of my own thoughts, feelings and actions
50. Self-care: to look after my health and wellbeing, and get my needs met
51. Self-development: to keep growing, advancing or improving in knowledge, skills, character, or life experience.
52. Self-control: to act in accordance with my own ideals
53. Sensuality: to create, explore and enjoy experiences that stimulate the five senses
54. Sexuality: to explore or express my sexuality
55. Spirituality: to connect with things bigger than myself
56. Skilfulness: to continually practice and improve my skills, and apply myself fully when using them
57. Supportiveness: to be supportive, helpful, encouraging, and available to myself or others
58. Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable
59. Insert your own unlisted value here:
60. Insert your own unlisted value here:

Once you've marked each value as V, Q, N (Very, Quite, or Not so important), go through all the Vs, and select out the top six that are most important to you. Mark each one with a 6, to show it's in your top six. Finally, write those six values out below, to remind yourself this is what you want to stand for as a human being.

Activities

Creativity

- Doing art work (painting, sculpture, drawing, movie-making, etc.)
- Restoring antiques, refinishing furniture, etc.
- Working on machines (cars, bikes, motorcycles, tractors, etc.)
- Woodworking, carpentry
- Writing stories, novels, plays or poetry
- Acting
- Making food or crafts to sell or give away
- Doing craft work (pottery, jewelry, leather, beads, weaving, etc.)
- Dancing
- Repairing things
- Starting a new project
- Finishing a project or task
- Knitting, crocheting, embroidery, or fancy needlework
- Collecting things
- Photography
- Origami

Outdoor Activities

- Breathing clean air
- Boating (canoeing, kayaking, motor boating)
- Camping
- Driving long distances
- Watching wild animals
- Playing in sand, a stream, the grass
- Taking a walk
- Looking at the stars or moon
- Doing heavy outdoor work-cutting or chopping wood, clearing land, farm work, Snowmobiling or dune-buggy riding
- Bird watching
- Building or watching a fire
- Kicking leaves, sand, pebbles, etc.
- Walking barefoot
- Sitting in the sun/watch sunrise or sunset
- Listening to the sounds of nature
- Watching the sky, clouds, or a storm
- Going on outings (to the park, a picnic, or a barbecue, etc.)
- Gathering natural objects (wild foods or fruit, rocks, driftwood, etc.)
- Being in the mountains
- Fishing

Sports

- Talking about sports
- Playing baseball or softball
- Playing golf
- Going to a sports event
- Going to the races (horse, car, boat, etc.)
- Playing tennis
- Exploring (hiking away from known routes, spelunking, etc.)
- Snow skiing
- Playing handball, paddleball, squash, etc.
- Playing Frisbee or catch
- Bicycling
- Swimming
- Running, jogging, or doing gymnastic, fitness, or field exercises
- Playing soccer, rugby, hockey, lacrosse, etc.
- Playing ping pong
- Playing pool or billiards
- Bowling
- Playing basketball
- Wrestling or boxing
- Hunting or shooting
- Horseback riding
- Water skiing, surfing, scuba diving

Socializing

- Having lunch with friends or associates
- Being with animals
- Going to a party
- Being with friends
- Having a lively talk
- Having friends come over to visit
- Buying something for my family
- Helping someone
- Hearing jokes
- Being with my parents
- Talking on the telephone
- Playing board games (Monopoly, Scrabble, etc.)
- Having house guests
- Playing party games
- Talking about politics or public affairs
- Smiling at people
- Having coffee, tea, a coke, etc., with friends
- Visit a neighbour

Thinking

- Planning trips or vacations
- Thinking about something good in the future
- Completing a difficult task
- Laughing
- Learning to do something new
- Having daydreams
- Thinking about an interesting question

Music

- Thinking up or arranging songs or music
- Singing in a group
- Playing a musical instrument
- Singing to myself
- Playing in a musical group
- Listening to music
- Go to a concert
- Search for new music to listen to

Indoor activities

- Reading the newspaper
- Having peace and quiet
- Writing in a diary
- Meditating or doing yoga
- Buying things for myself
- Reading the Scriptures or other sacred works
- Reading a “How to Do It” book or article
- Reading stories, novels, poems, or plays
- Writing stories, novels, plays or poetry
- Playing chess or checkers
- Solving a problem, puzzle, crossword, etc.
- Playing cards
- Speaking a foreign language
- Reading essays or technical, academic, or professional literature
- Eating good meals
- Reading magazines
- Writing letters, cards, or notes
- Reading cartoons, comic strips, or comic books
- Start a blog

Community Events

- Going to lectures or hearing speakers
- Working in politics
- Going to church functions
- Going to service, civic, or social club meetings
- Being in the city
- Protesting social, political, or environmental conditions
- Visiting people who are sick, shut in, or in trouble
- Going to a fair, carnival, circus, zoo, or amusement park
- Going to a museum or exhibit
- Going to the movies
- Coaching someone
- Doing volunteer work; working on community service projects
- Going to auctions, garage sales, etc.
- Going to a play
- Going to a restaurant
- Going to the library
- Explore somewhere new
- Shopping
- Watching people
- Thinking about an interesting question

Around the home

- Re-arranging or redecorating my room or house
- Canning, freezing, making preserves, etc.
- Taking a nap
- Watching TV
- Gardening, landscaping, or doing yard work
- Listening to the radio
- Cooking meals
- Preparing a new or special food
- Doing “odd jobs” around the house
- Caring for houseplants
- Playing with pets

Physical Care

- Taking a shower
- Shaving
- Taking a bath
- Putting on make-up, fixing my hair, etc.
- Getting massages or backrubs

Ways to Respond Differently to Thoughts

- In an effort to remind yourself that thoughts are just words, when you notice a thought, try saying “I am having the thought that [insert thought]”
 - ▶ To take this a step further try saying “I am noticing, that I am having the thought [insert thought]”
- Remind yourself that you are in charge, not your thoughts/emotions or sensations. You might try doing the opposite of what your thoughts are telling you to do. For instance, I am going to go for a walk because my mind is telling me I do not have time. I am going to prove it wrong!
- Identify your main unhelpful thoughts/emotions/sensations and name them. Whenever you notice these arrive, acknowledge that that story is there and continue to take steps moving towards your values.
 - ▶ For instances- “there’s the dooms day story” or “this is the old catastrophizing story” or “the fortune teller is visiting again”.
- Acceptance of the thought/emotion/sensations- you don’t have to like it, want it or approve of it in order to accept it. Try making peace with what is already here.
- Reasons can be seen as excuses. If you have a reason why you can’t do something, try switching the “but” for an “and”.
 - ▶ For instance: I want to go to the gym ~~but~~ AND I’m tired/anxious/had a bad day
 - ▶ I want to go out ~~but~~ AND I am anxious/depressed/ had a bad day/tired
- Put your thought to a musical tune (Happy Birthday, Mary had a Little Lamb) and sing the thought to remind yourself they are just words
- Take an unhelpful thought and imagine a cartoon character’s voice repeating the thought in your head

Visualization

- Imagine leaves floating down a river and imagine placing the thoughts on the leaf and allowing them to float away on their own.
- Imagine your thoughts are clouds moving across the sky
- Imagine you are standing behind a waterfall watching the thoughts tumble over in front of you.
- Imagine thoughts are junk mail, you can’t stop it from coming in, but you do not have to read it!

Ask yourself...

- “What would I get for buying into this story?”
- “Is this an old story? Have I heard it before?”
- “How has this thought/behaviour worked for me in the past?” If it has not worked, ask yourself “what should I let control me, my mind or my experience?”
- “Does this thought help move me towards or away from the person that I want to be”. If away, you might try thanking your mind for the thought and focusing on an action that brings you towards the person you want to be

Coming to the Present Moment

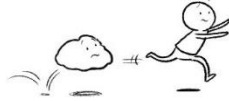
- Move your awareness to the breath and focus on the changing physical sensations as the breath enters and exits your body. When the mind wanders simply bring your awareness back to the breath
- Look around the room and identify 5 things you can: Smell, Hear, Taste, Feel, See

Thoughts and feelings arise and fall away,
Ebbing and flowing every day,

When we resist them,
We can get into trouble,



Trying to avoid them?
Make that double!

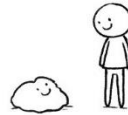


Instead can you be willing to just let them be?
Accept them as normal and natural as the sea,



Yes sometimes it will be stormy,
Sometimes it will be calm,

But thoughts are just thoughts,
They cannot do you any harm,



Imagine hearing them on a radio or said in a silly voice,
You don't have to take them so seriously..you always have a choice!

Instead put your energy into who you want to be,
What do you want to stand for, ask "what matters to me?"

Follow your Values and learn to float, sail and surf,
Create a life you love, full of meaning and worth!



Distress Centre.....403-266- 4357 (HELP)
(24 hour- 7 days a week crisis and suicide line. The following services are provided: crisis intervention and support to access appropriate services (EMS, CPS or MRT) and /or referrals to other agencies)

Wood's Home Community Resource Team403-299-9699
 Toll free1-800-563-6106
 (24/7 telephone and mobile support service. A team of professionals represents the psychology, social work, marriage and family therapy disciplines and provides service to all individuals and families in the Calgary area.)

Social Services Response Team – Calgary and Area
 Child and Family Services403-297-2995
 (24/7 Child intervention intake line for emergency child welfare and family enhancement services.)

Kid's Help Phone1-800-668-6868
 (24/7 support line for children and adolescents. Confidential access to a counselor.)

Calgary Communities Against Sexual Abuse403-237-5888
 Or toll free1-877-237-5888
 (24/7 crisis/information line: Available to anyone who is dealing with or has been affected by sexual assault or sexual abuse.)

CONNECT.....403-234-7233
 Or toll free1-866-606-7233
 (24/7 crisis/information line: available to individuals dealing with or affected by abuse in the home or relationship)

If someone is requiring Urgent Mental Health Care, they can go to the nearest urgent care site:

South Calgary Health Centre (this site has an urgent and a walk in mental health service)
Call for Walk-in Hours and up to date information regarding services during Covid-19 403-943-9374
Address: 31 Sunpark Plaza SE

Sheldon M. Chumir Health Centre (this site has an urgent mental health service)
Call for hours: 403-955-6200 Address: 1213 4th Street SW

Or to the nearest Emergency Department:

Alberta Children's Hospital Emergency403-955-7070
 2888 Shaganappi Trail NW
 Foothills Hospital Emergency403-944-1405
 1403 29 Street NW
 South Health Campus (13 years and older)
 4448 Front Street SE.....403-956-1111

Counselling Services (Non-Crisis)

Access Mental Health	403-943-1500
Adult Addiction Services	403-297-3071
Calgary Counselling Centre	403-691-5991
Calgary Family Services	403-269-9888
Calgary Narrative Collective	403-265-9590
CARYA	403-269-9888
Catholic Family Services.....	403-233-2360
Eastside Community Mental Health Services (Walk-in)	403-299-9696
Families Matter (parenting groups and childhood development)	403-205-5178
Family Therapy Program	403-802-1680
Grace Women's health Resources	403-944-2260
Grief Support	403-955-8011
Health Link Alberta.....	811
Jewish Family Services	403-287-3510
YWCA Counselling services and Groups	403-536-2844

Dial **2-1-1** to get connected to the community service that you need. 2-1-1 can provide you with help to find community, social, or government services in Calgary. 2-1-1 is free, confidential, multilingual and available 24 hours a day.