

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: ACKNOWLEDGE YOUR THOUGHTS



Are you feeling consumed by your thoughts? Would you like to feel more content with your thoughts? Practice accepting and acknowledging your thoughts today.

Researchers Stephen Hayes, Kirk Strosahl, and Kelly Wilson created [Acceptance and Commitment Therapy \(ACT\)](#) to incorporate teaching acceptance and mindfulness of our thoughts and emotions. By acknowledging and accepting our thoughts through different exercises and strategies, we can stop avoiding our negative thoughts and letting them build until they're too much and instead have healthy interactions with them and eventually commit to healthy behavior change.

It can be overwhelming to receive so much input from the news, your jobs, your family, and the media. You can start to feel consumed by all of your feelings and thoughts, especially when there are multiple events impacting your daily life. If we are constantly battling our thoughts, then we can start to feel anxious and hopeless. If we are tired, anxious or overwhelmed, we can not have the capacity to help others. When we recharge by taking time to sit with our thoughts and accept them, we can be better equipped to pour that compassion into others. Show yourself compassion today by accepting your thoughts in a constructive way.

Practice Compassion Today:



1. WHEN FEELING OVERWHELMED BY YOUR THOUGHTS, TAKE SOME DEEP BREATHS.
2. THINK ABOUT YOUR THOUGHTS. THINK ABOUT WHICH THOUGHTS MAKE YOU FEEL UNCOMFORTABLE. FOR EXAMPLE, MAYBE YOU ARE THINKING "WHY IS EVERYTHING SO TERRIBLE?"
3. NOW FOCUS ON THIS THOUGHT AND OBSERVE IT LIKE YOU ARE INVESTIGATING SOMETHING NEW. THINK ABOUT WHAT IT MEANS, WHAT THE THOUGHT IS SAYING, AND HOW IT MAKES YOU FEEL.
4. THINK ABOUT THE EMOTIONS THAT COME WITH YOUR THOUGHTS AND INVESTIGATE THOSE TOO. DO YOU FEEL THEM ON THE INSIDE OR THE OUTSIDE OF YOUR BODY?
5. TAKE SOME DEEP BREATHS AND LET GO TRYING TO STRUGGLE WITH THE THOUGHT. LET THE THOUGHT SIT THERE AND ACKNOWLEDGE THAT IT'S THERE. WE'RE NOT TRYING TO ACTIVELY GET RID OF THE THOUGHT, BUT IF IT GOES AWAY ON ITS OWN THAT'S OKAY.



Parent Practice Tip:

Ask your child what they do when they feel tired or upset. Turn this into a conversation about how you can do this regularly to prevent that "burn-out".

To Learn More:

What is Compassion?

The Unwelcome Party Guest

Example

Free ACT Resources

www.ChooseLoveToThrive.org