ECHO Idaho: Behavioral Health

Facing a Pandemic: Practical Steps to Using Acceptance and Commitment Therapy (ACT)

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Learning Objectives

• Introduce “FACE COVID” (Harris)

• Review specific techniques for “FACE COVID”
FACE-COVID

• Dr. Russ Harris

Useful for patient care
Useful for self-care

2 Part process
Face

F = Focus on what’s in your control

Can be controlled: your actions right now

Cannot be controlled: the future, the government, other people, deadly diseases
fAce

- A = Acknowledge your thoughts and feelings

Kindly acknowledge whatever is ‘showing up’ inside you (thoughts, feelings, emotions, memories, sensation, urges)

Pro-tip: *Feelings aren’t facts.*
C= come back into your body

Connect to physical body. (push feet, sit upright, press fingertips, stretch/shrug, breath)
E = Engage in what you’re doing

Suggestions: Sensory grounding, noticing (mindfulness)

Pro-tip: You may use several cycles of “ACE” in 2-3 minutes.
Covid

C = Committed Action

Simple, effective ways to help (kind words, supportive deeds, helping/comforting/soothing)

Simple, effective ways to spend time (exercise, cooking, meaningful activity)
cOvid

O = Opening Up

- Make room for yourself to feel. Do not try to stop difficult feelings. Recognize them as normal, allow them to be there.

- Treat yourself kindly (self-talk)
Committed action is guided by values.

What do you want to stand for in this crisis? What can you say/do that you will be proud of in the future?
Identify Resources

Make sure you know how to access help, assistance, support, and advice.

Pro-tip: Find a reliable and trustworthy source of information
covID

D = Disinfect and Distance

Disinfect Hands

Distance from others (physically, NOT emotionally)
Questions?