

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.

faCe

C= come back into your body

Connect to physical body. (push feet, sit upright, press fingertips, stretch/shrug, breath)

facE

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)

coVid

V= Values

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?

covid

I= 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?