



COGNITIVE COPING SKILLS TO TEACH IN THE OFFICE

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Please FORGET this!
Thank you!



OBJECTIVES

- What is CBT? What is Acceptance and Commitment Therapy (ACT)?
- DNA-V Model
 - The purpose of DNA-V is to help people develop flexible strength – the ability to persist in important things they care about, and to change behavior that's making their life worse.
- Quick (!) interventions

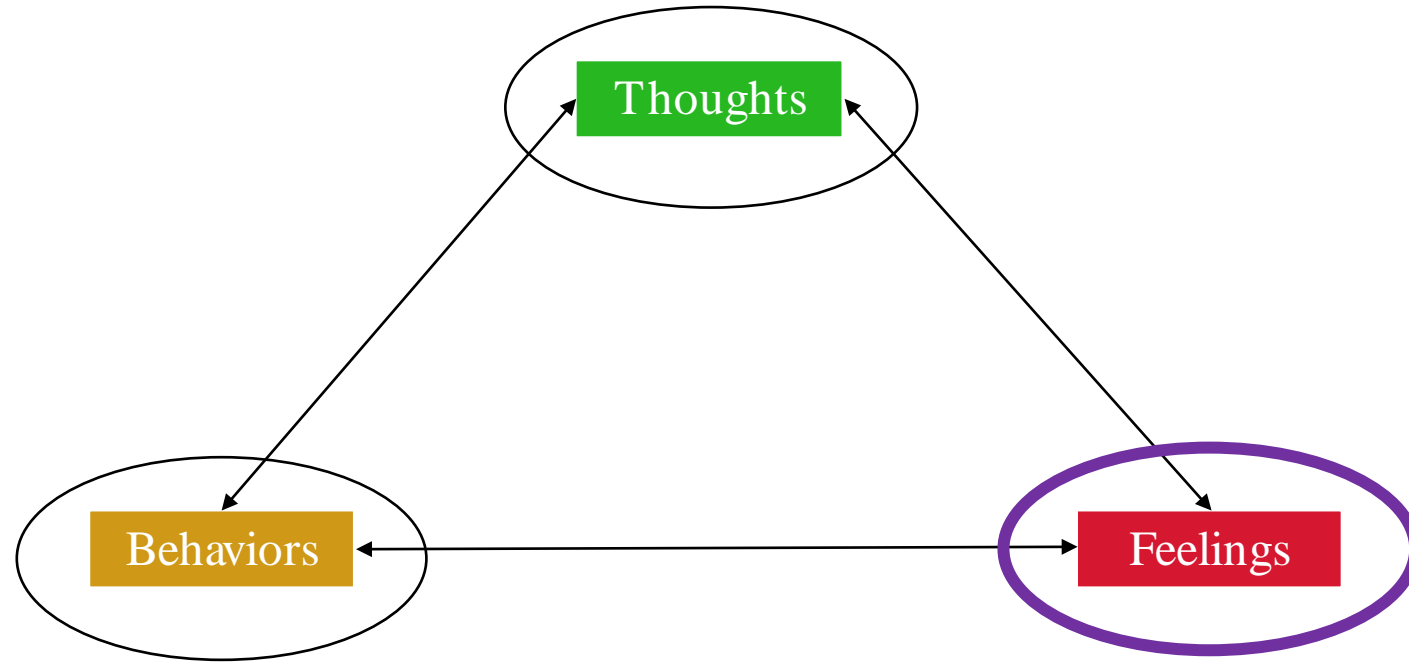
Discoverer

Noticer

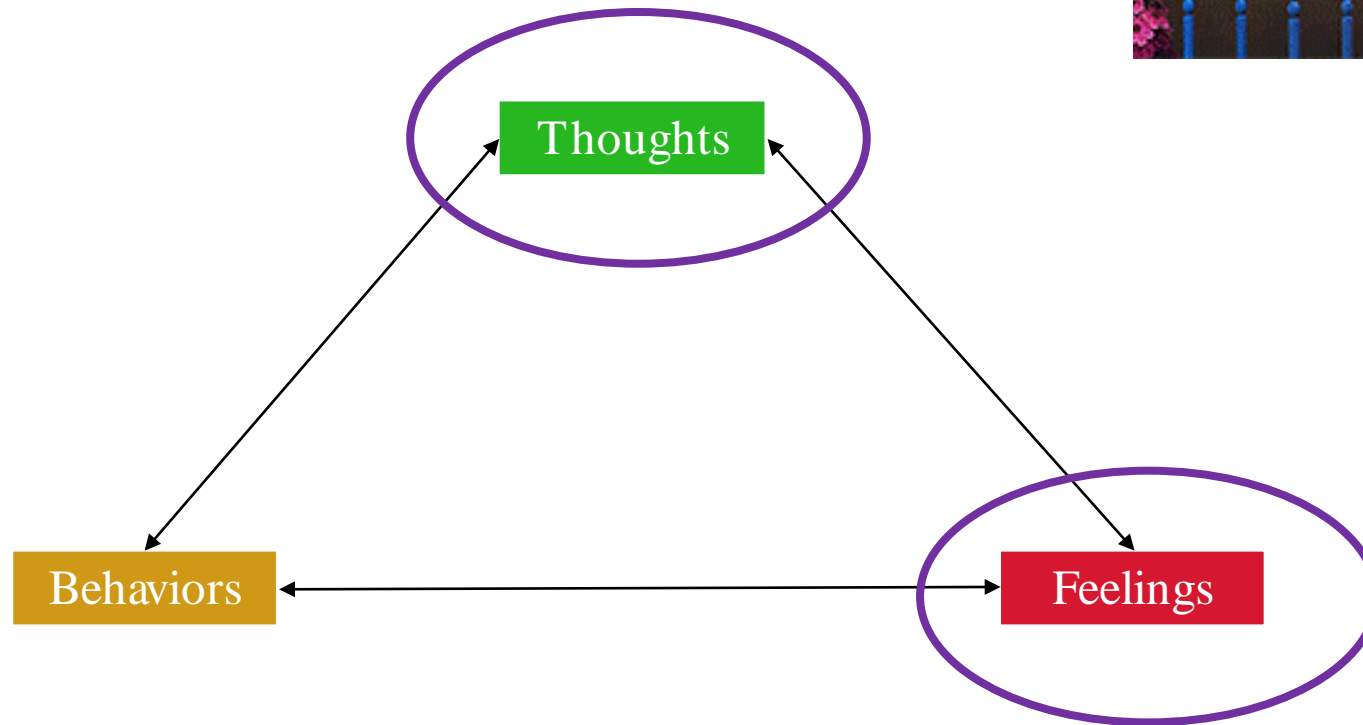
Advisor

Values

WHAT IS CBT?



WHAT IS ACCEPTANCE AND COMMITMENT THERAPY?



FOR EXAMPLE...

Mary had a ...

I asked you to forget?

Sometimes control is the problem, not the
solution!

8 COMMON EMOTION AVOIDANCE STRATEGIES THAT CAUSE MORE HARM THAN GOOD



1. Unhelpful thinking strategies. Worrying excessively about the future, dwelling on the past.
2. Substances. Using alcohol, food, or some other substance to try to feel good about yourself.
3. Stop doing things. For example, drop out of activities, stop pursuing your goals, etc.
4. Self-harm. For example, self injury, deliberately doing things that are unhealthy.
5. Social strategies. Reacting badly to others. Bullying, avoiding them, apologizing too much
6. Avoid and distract. Seeking to avoid or distract from feelings by pushing thoughts away or *excessive* engagement in distracting activity like TikTok binging.
7. Comfort shopping. Buying things to feel better or more secure.
8. Obsessive behavior. Behaving in repetitive and obsessive ways that don't build value in your life.

DNA-V MODEL:

[HTTPS://DN AV.INTERNATIONAL/](https://dnav.international/)

DNA-V, the contextual model of flourishing

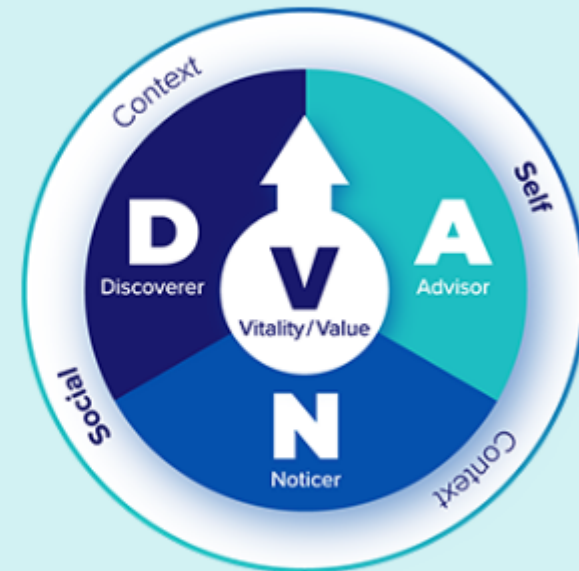
D, N, and A stand for three types of behaviour that are embedded within our self and social contexts. Ideally, we use them to build values and vitality (V).

Discoverer (D) refers to trial-and-error behaviour that functions to expand and build skills, resources, and social networks.

Noticer (N) refers to behaviour that functions to increase the awareness of experience.

Advisor (A) refers to verbal behaviour that functions to save people from the need for trial-and-error learning so they can navigate efficiently and safely through the world.

The model guides a practitioner to develop people's skilled use of D, N, and A, and improve their ability to flexibly shift behaviours, depending on what they value and what the situation permits and demands.



DISCOVERER : DO SOMETHING NEW !



Think of some difficult situations in the last week and think about how you responded. Think of five such situations and write about them below.

The difficult situation	What you did	What happened next?	Did it work? Did it make life better in the long run

- One day = 1440 minutes
- What's something **new** you could do with 1% of your day (<15 mins)?



NOTICER : BEING CURIOUS

- I am here, now
- Grounding Technique (5-4-3-2-1)
 - DEEP BREATH (drop anchor)
 - Notice 5 things you can SEE
 - 4 things you can TOUCH
 - 3 things you can HEAR
 - 2 things you can SMELL
 - 1 thing you can TASTE
 - DEEP BREATH (you are still here, now!)

ADVISOR : GET SOME SPACE

- *Accept that your advisor, like any advisor, is sometimes wrong and can lead you in the wrong direction.* Do you have somebody in your life that gives you a lot of advice? Are they always right? Is advice always useful? Probably not. The same is true for your inner advisor. Sometimes your advisor will say unhelpful things to you, such as, “you’re not good enough”, “you’ll never survive this crisis”, “life is just not worth it”, or “you should never trust anybody.” What would happen if you listen to this advice?
- Some things to try:
 - 1) Write your difficult thoughts on a piece of paper. Notice that you are separate from the thoughts and don’t have to listen to them.
 - 2) You might want to try decorating the thoughts, using markers, crayons or whatever you have around. This may seem silly, but the key here is to learn to hold the thoughts lightly. Your advisor is not in charge of you. You are the one in charge!
 - 3) Sing your thoughts! Sing to the tune of Happy Birthday or your favorite songs.





VALUES AND
VITALITY: WHO DO
YOU WANT TO BE?

How do you typically (write more than one):	Importance How much i want to do this because it is fun or personally important 1- not at all fun or important 5-Very fun our important	Pressure How much I do this because i feel pressured or I feel I have to do it 1- No pressure 5-Pressure
1. Connect:		
2. Give:		
3. Be active:		
4. Care for yourself:		
5. Challenge yourself/and or learn		

WHAT MATTERS? AND WHY?



- Write down three values that are most important to you. You can choose from the list below or make up your own.
 - Being active
 - Belonging to a social group (community, racial group, school club)
 - Enjoying every moment
 - Relationship with family and friends
 - Being creative
 - Being good at sports
 - Engaging in government, community, or politics
 - Being independent
 - Expressing spiritual or religious values
 - Expressing a sense of humor
 - Challenging myself and learning
 - Caring for others/ giving
 - Caring for myself (e.g., healthy diet, getting enough sleep)

NEW THINGS TO TRY IN THE OFFICE!



Discover!

- Encourage kids to do something new!
- What can you do differently 1% of your day to be healthy?
- What is one thing within your control that you could focus on?

Notice!

- Get connected to the present moment.
 - Feeling pulled around by the storm of emotions? Drop anchor: I am here, now.
 - Grounding Technique:
5-4-3-2-1

Accept Advisor!

- Don't believe everything you think.
 - Your mind/ advisor is trying to protect you, but they're not always Right, capital R.
 - Can you look at your thoughts from a different view?

Values!

- Do more of what matters to you!
 - What gives you joy? Meaning? Purpose? That stuff is pretty important! Let that stuff help guide you.

A vibrant scene from the animated movie Encanto featuring the Madrigal family and their magical animals in a lush garden. The characters are dressed in traditional Colombian attire, and the background shows a colorful building with a large green door. A toucan is flying in the upper right corner, and a tiger is in the foreground.

LEARN MORE ABOUT
ACCEPTANCE AND COMMITMENT
THERAPY + DNA-V