

# ACT THERAPY

## What to do with those emotions?



Label- "I am feeling overwhelmed."



Context- "This makes sense. I worked a lot of hours this week."



Values- "I really wanted to do a good job and not disappoint."



Normalize- "A lot of people feel overwhelmed when working this much."



Accept- "I don't like feeling this but it makes sense."



Care- "What can I do within my values to cope right now?"

# Thinking About Therapy

**Lauren Gardner**



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