

<p style="text-align: center;">DEFUSION</p> <p style="text-align: center;"><i>Relating To Thoughts As Thoughts</i></p>	<p style="text-align: center;">ACCEPTANCE</p> <p style="text-align: center;"><i>Willingness To Experience</i></p>
<p style="text-align: center;">SELF-AS-CONTEXT</p> <p style="text-align: center;"><i>Observing Continuous Self</i></p>	<p style="text-align: center;">PRESENT MOMENT</p> <p style="text-align: center;"><i>Be Here Now</i></p>
<p style="text-align: center;">COMMITTED ACTION</p> <p style="text-align: center;"><i>Engaged Value-driven Actions</i></p>	<p style="text-align: center;">VALUES</p> <p style="text-align: center;"><i>Core Vital Directions</i></p>
<p style="text-align: center;">THE MARKER</p> <p style="text-align: center;"><i>Arbitrary subjective judgments and evaluations are common. Our minds are just doing their job – “marking” up everything. It is up to us to choose whether to buy our minds’ offerings.</i></p>	<p style="text-align: center;">LEAVES-ON-A-STREAM</p> <p style="text-align: center;"><i>Observing our stream of thoughts without judgment or being caught up with them from moment to moment cultivates our mindfulness.</i></p>
<p style="text-align: center;">ACCEPTANCE & COMMITMENT CARDS</p> <p style="text-align: center;">Created by</p> <p style="text-align: center;"><i>Kenneth P. Fung, MD FRCPC MSc University of Toronto & UHN</i></p> <p style="text-align: center;"><i>Josephine P. Wong, RN, PhD Toronto Metropolitan University</i></p>	<p style="text-align: center;">INCLUSION/EXCLUSION CIRCLE</p> <p style="text-align: center;"><i>Arbitrary rules and stories may have the power to exclude. By not buying into them and uniting around our values and our humanity, compassionate inclusion is possible.</i></p>



Men Speaking Out Against Stigma
Mental Health Promotion in Asian Communities

STORIES & RULES

Stories and rules may have their uses, and yet, we do not have to let them constrict us, bully us, or lead us away from our values.

CHAIR SCULPTURE OF STIGMA

Lost your chair to sit on? Any action for the purpose of avoidance compounds our suffering – acceptance is always an alternative available to us.

PAIRED SINGING

*“Doe-Ray-Me!”
Defusing from our thoughts and stories let us appreciate our thoughts as thoughts, and loosen their usual grip on us.*

LABELS

*We are not our sticky labels.
We do not have to avoid them or give them any power over us.*

100TH BIRTHDAY

*Go ahead and make a wish!
Be in touch with what matters most to us – our values – and let them guide us today and throughout our lives.*

“LE’ GO”

*“I” am not my thoughts, feelings, body, roles, or memories.
I do not have to be constricted by them.
“I” am here, now, as the “self” that has continuously observed and experienced it all.*

BUS DRIVER

*Who is in charge of the wheel? I am.
Accepting our internal barriers as passengers allows us to persist in our commitment - as we steer towards our values moment by moment.*

BULLS EYE

*Aim!
Keep your eye on target, and align our every action with our values.*

RAISIN EXERCISE

*Every moment in every activity is an invitation to cultivate mindfulness. Experience and live every present moment more fully.
Yum...*

MINDFUL COMMITTED ACTION PLAN

*Take a leap forward!
Have 100% willingness as we mindfully commit to our values and walk step-by-step towards our valued directions.*



FORGIVENESS CARD

Get unhooked! By choosing to be in contact with our values and accepting our past as the past, forgiveness is a gift to ourselves and alleviates our suffering

FORTUNE-TELLER

*Our future is in our hands –
ACT now!
Accept your experience,
choose valued directions, and take action
in the present moment!*


