DEFUSION

Relating To Thoughts
As
Thoughts

ACCEPTANCE

Willingness To Experience

SELF-AS-CONTEXT

Observing Continuous Self

PRESENT MOMENT

Be Here Now

COMMITTED ACTION

Engaged Value-driven Actions

VALUES

Core Vital Directions

THE MARKER

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.

LEAVES-ON-A-STREAM

Observing our stream of thoughts without judgment or being caught up with them from moment to moment cultivates our mindfulness.

ACCEPTANCE & COMMITMENT CARDS

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INCLUSION/EXCLUSION CIRCLE

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.







Strength In Unity

Mes Special Day Applies Rights

Medical Proposition Line Community



Strength In Unity



Strength In Unity
Men Speaking Out Appaints Stigm
Mental Health Presention In Joint Communities



Strength In Unity



Strength In Unity









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

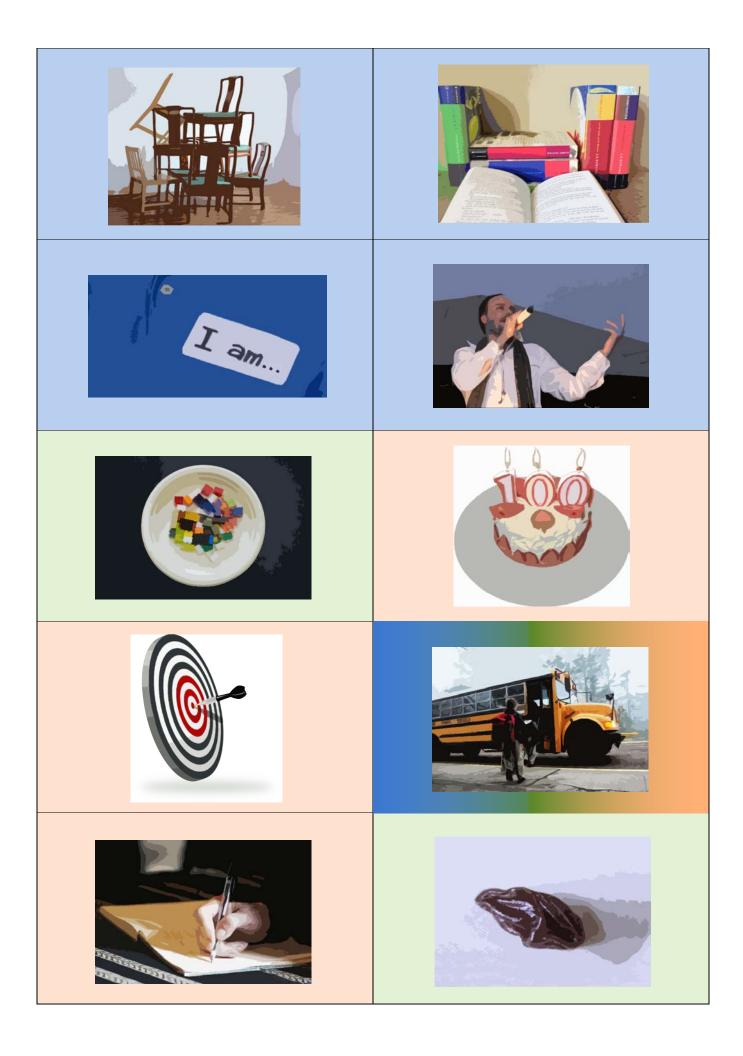
Every moment in every activity is an invitation to cultivate mindfulness. Experience and live every present moment more fully.

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

FORTUNE-TELLER

Our future is in our hands -ACT now!

past, forgiveness is a gift to ourselves and alleviates our suffering	Accept your experience, choose valued directions, and take action in the present moment!

