



WISE MIND ACCEPTS

ACCEPTS MODEL



DISTRACT WITH **A**CTIVITIES

ACCEPTS MODEL



DISTRACT WITH ACTIVITIES



ACCEPTS MODEL



DISTRACT WITH **C**ONTRIBUTING

ACCEPTS MODEL



DISTRACT WITH CONTRIBUTING



ACCEPTS MODEL



DISTRACT WITH CONTRIBUTING



IN GROUPS OUR HAPPINESS HORMONES
(SEROTONIN, DOPAMINE, OXYTOCIN)
ARE RISING UP

ACCEPTS MODEL



DISTRACT WITH COMPARISONS:

ACCEPTS MODEL

✓ DISTRACT WITH COMPARISONS:



ACCEPTS MODEL

✓ DISTRACT WITH COMPARISONS:



DON'T COMPARE YOURSELF
WITH OTHERS

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DISTRACT WITH OPPOSITE **E**MOTIONS

ACCEPTS MODEL

✓ DISTRACT WITH OPPOSITE EMOTIONS



WHEN YOU FEEL NEGATIVE EMOTION
DISTRACT YOURSELF WITH SOME OTHER
EMOTION



EXERCISE

**LIST OF THE THINGS THAT MAKES ME FEEL
DESTRESSED**



ACCEPTS MODEL



DISTRACT WITH OPPOSITE EMOTIONS



ACCEPTS MODEL

- ✔ DISTRACT BY **P**USHING AWAY A DISTRESSING SITUATION BY LEAVING IT MENTALLY FOR AWHILE



DISTRACT BY **P**USHING AWAY A DISTRESSING
SITUATION BY LEAVING IT MENTALLY FOR AWHILE





DISTRACT BY PUSHING AWAY A DISTRESSING
SITUATION BY LEAVING IT MENTALLY FOR AWHILE





DISTRACT BY PUSHING AWAY A DISTRESSING
SITUATION BY LEAVING IT MENTALLY FOR AWHILE



ACCEPTS MODEL



DISTRACT WITH OTHER THOUGHTS



ACCEPTS MODEL

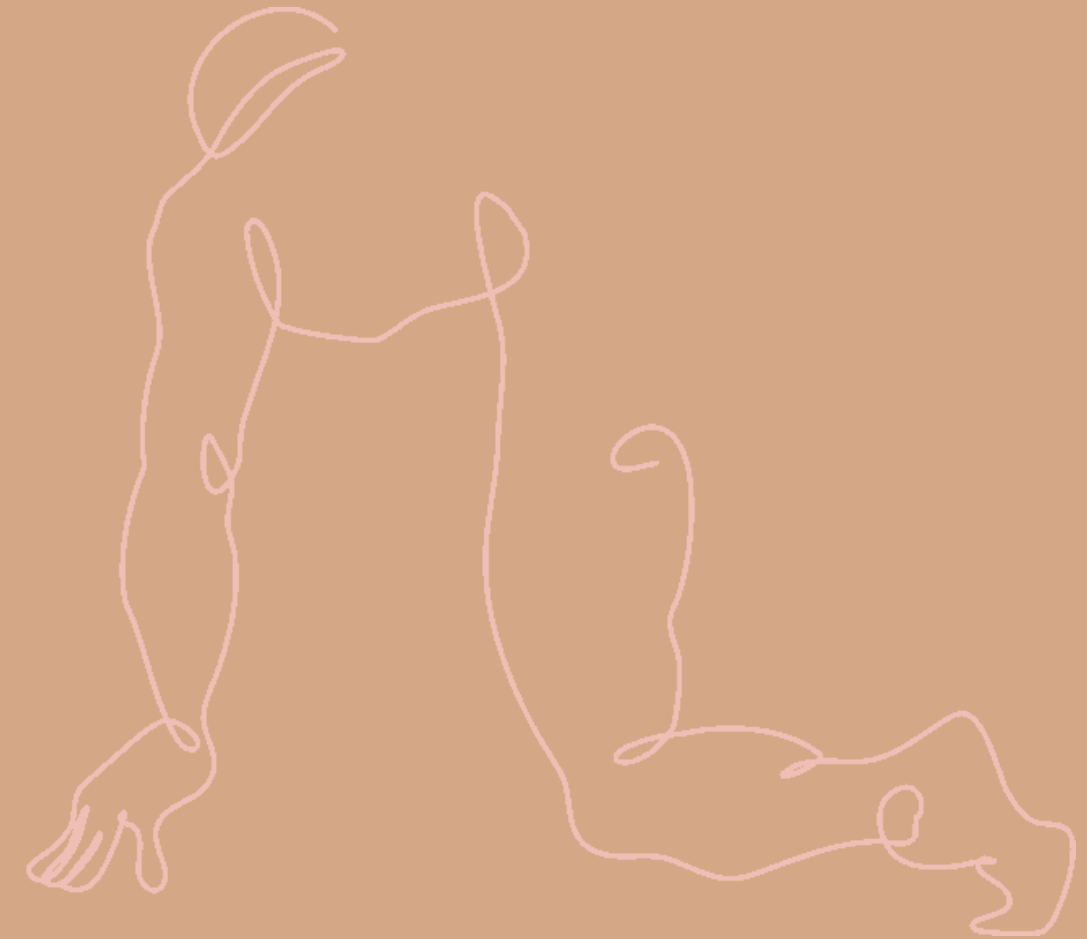
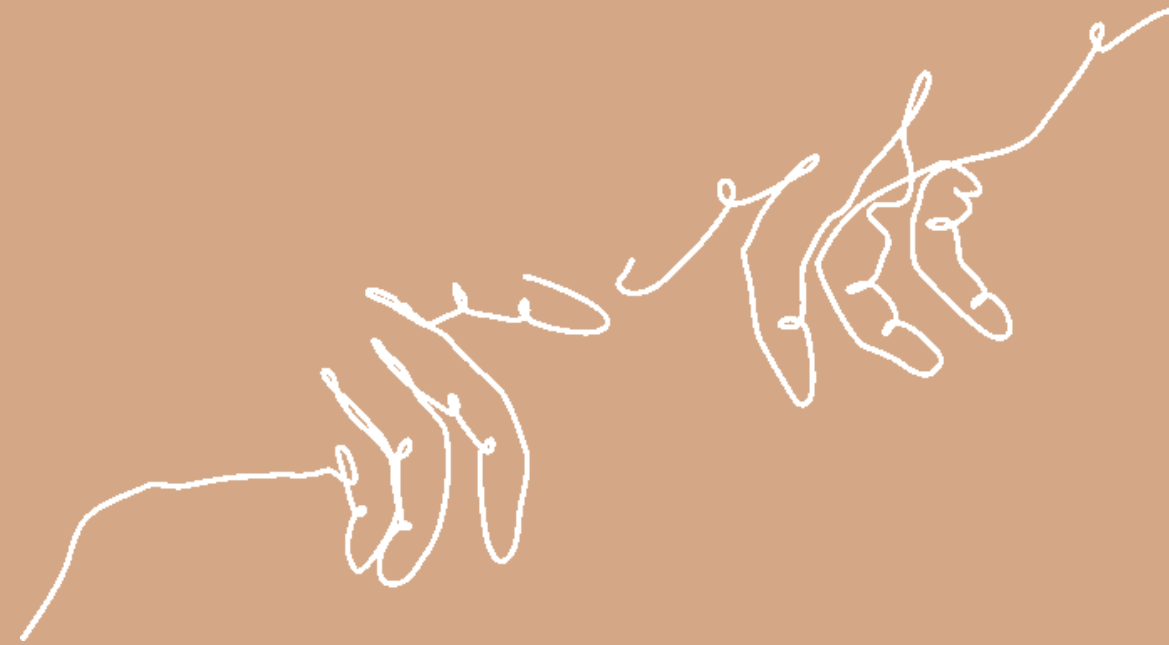


DISTRACT WITH OTHER **S**ENSATIONS

ACCEPTS MODEL



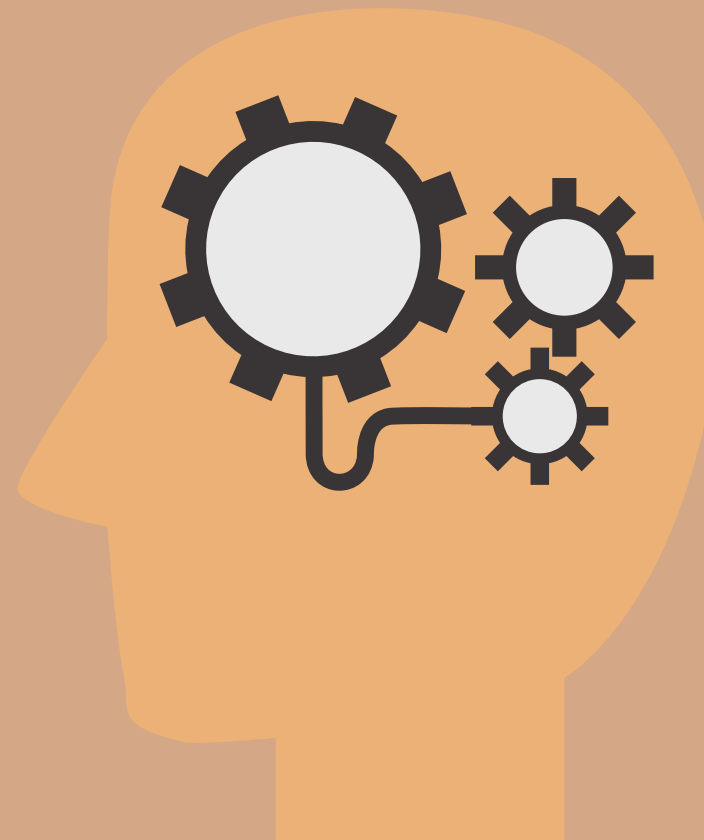
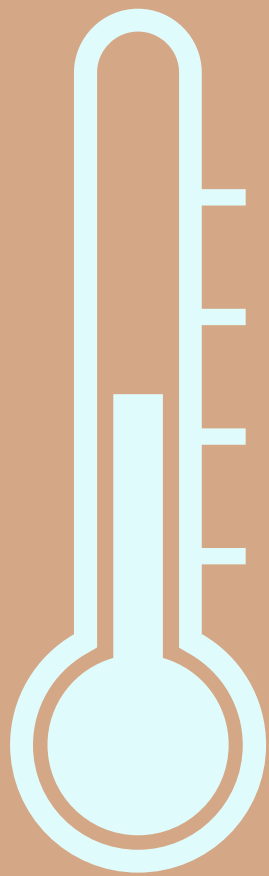
DISTRACT WITH OTHER SENSATIONS



ACCEPTS MODEL



DISTRACT WITH OTHER SENSATIONS





write your reflections on this lecture:

