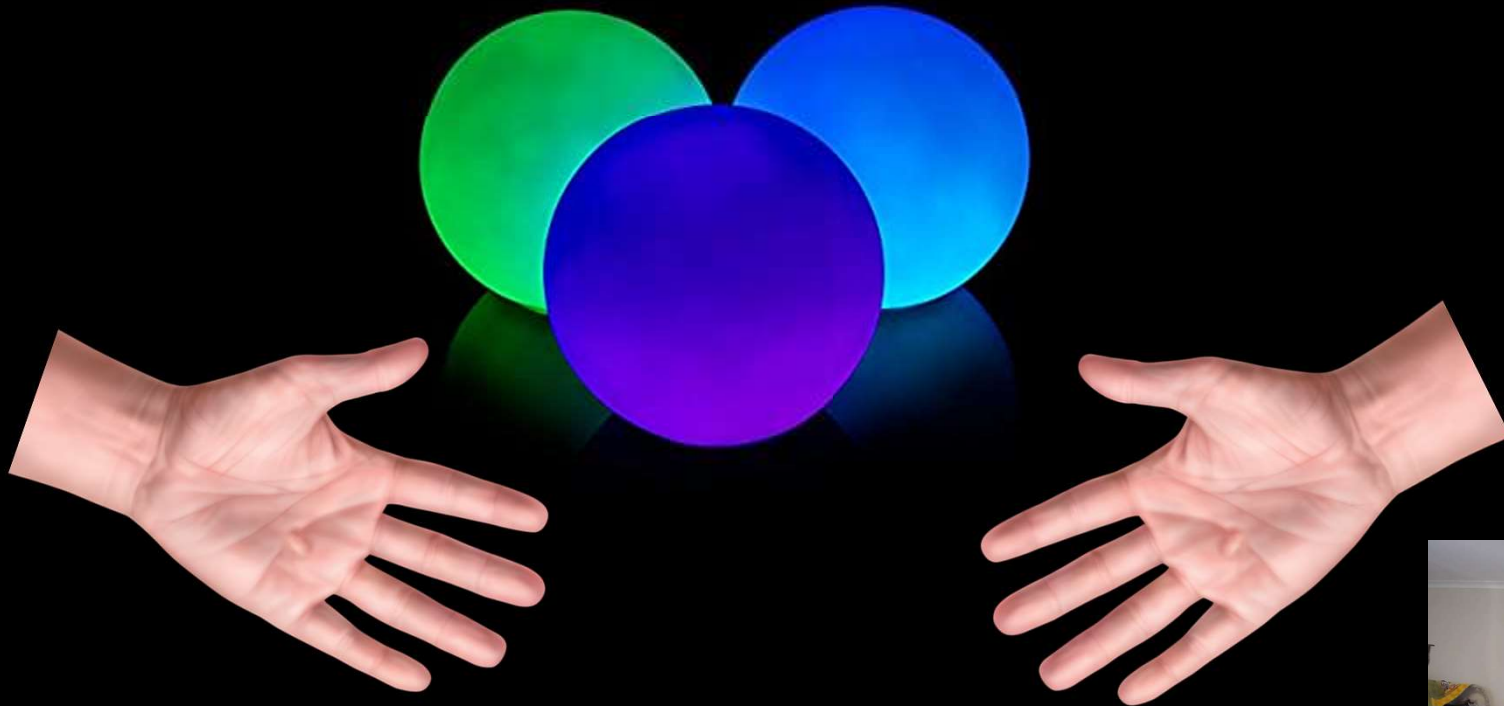


# Giving you A HAND to learn ACT



Tim McLauchlan - Clinical Psychologist

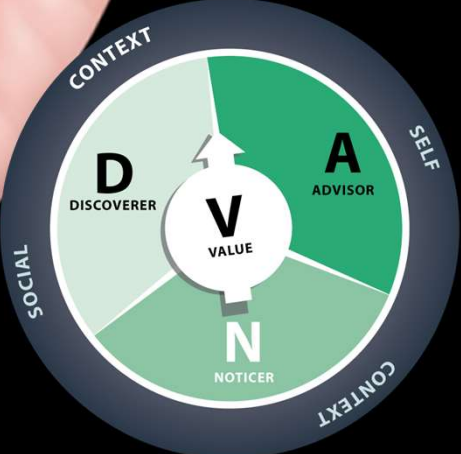




We all have a hand.



- A Attention
- H Heart (Values)
- A Advisor
- N Noticer
- D Discover



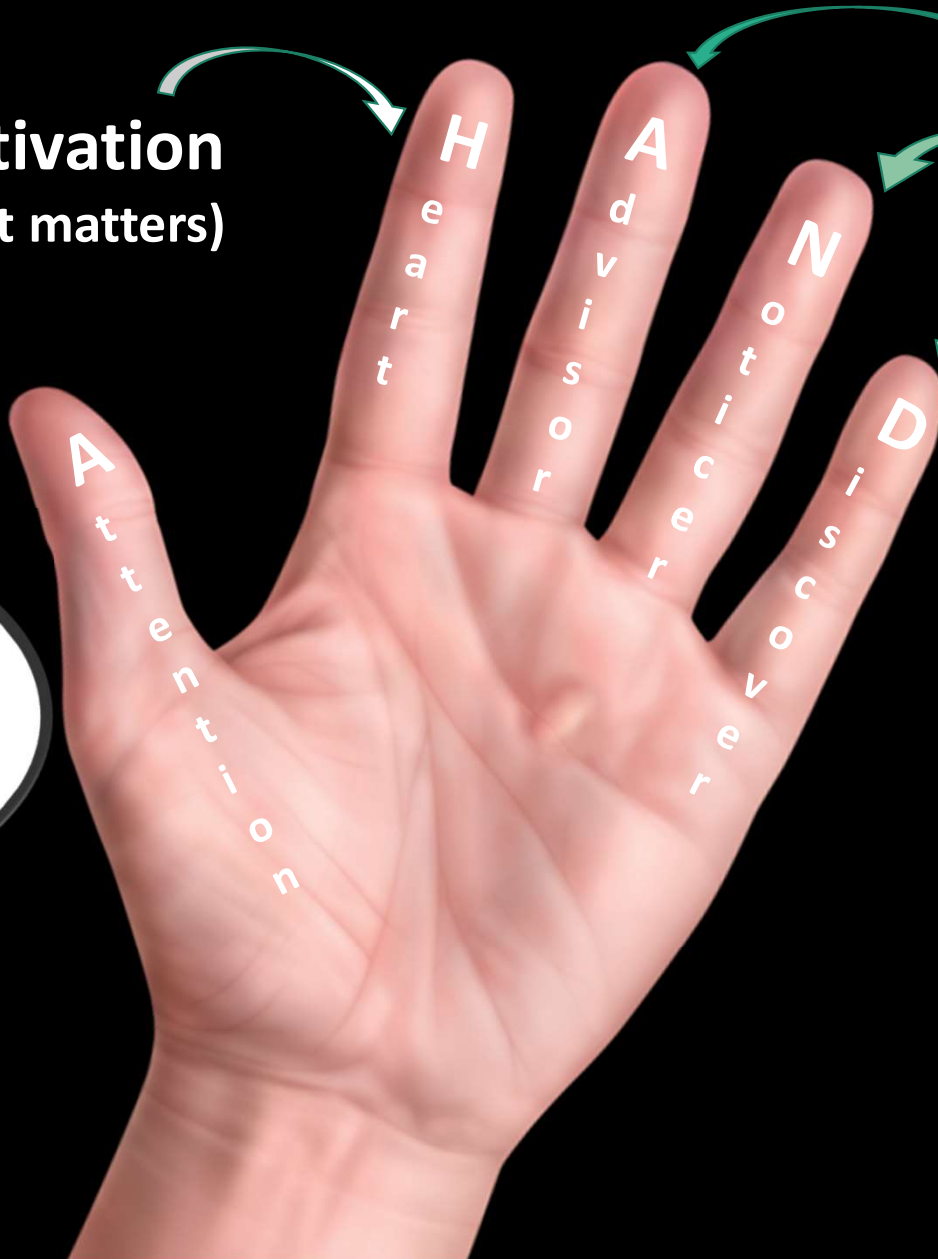
© Hayes & Ciarrochi





**Motivation**  
(what matters)

**Attention**



**Thoughts**

**Feelings**

**Behaviours**

**Self**



We all have a  
past.



- A Attention
- H Heart (Values)
- A Advisor
- N Noticer
- D Discover

Learning history



**We all have  
Lifelines.**



- A**ttention
- H**eart (Values)
- A**dvisor
- N**oticer
- D**iscover



We all  
spend  
our time...  
Choose  
what you do  
to make the  
next ones.



**A**ttention  
**H**ear (Values)  
**A**dvisor  
**N**oticer  
**D**iscover





We can all  
react.



- A Attention
- H Heart (Values)
- A Advisor
- N Noticer
- D Discover



We can all react.



- A Attention
- H Heart (Values)
- A Advisor
- N Noticer
- D Discover

The Simpsons: Five Stages of Grief



**We can all  
react.  
We can all  
See-Act.**



**See**  
I Notice I  
can see  
my HAND.

**Act**  
I can  
Choose  
how I act.

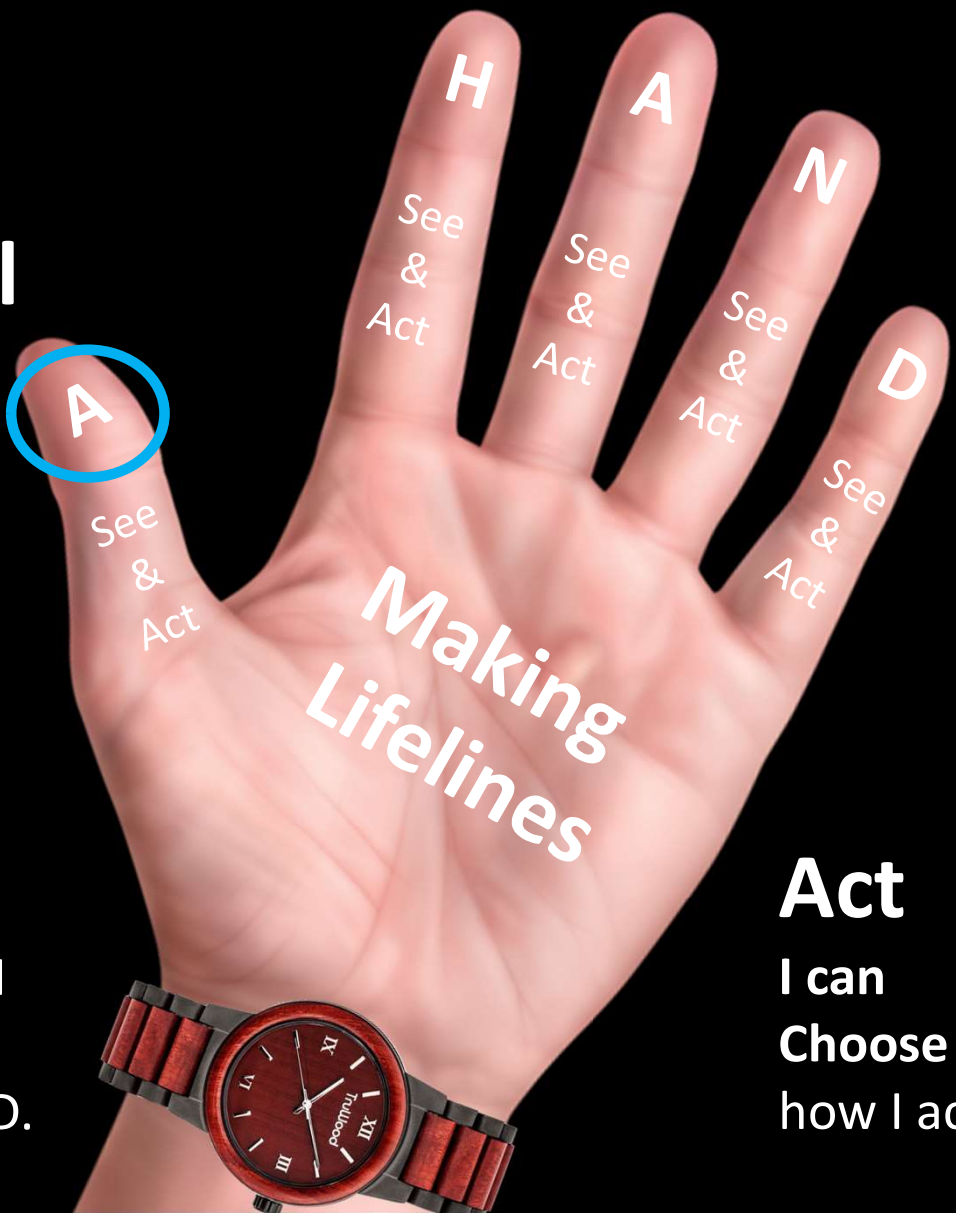
- A**ttention
- H**eart (Values)
- A**dvisor (Thoughts)
- N**oticer (Feelings)
- D**iscover (Behaviours)



**We can all  
See-Act.**



**See**  
I Notice I  
can see  
my HAND.



**Act**  
I can  
Choose  
how I act.

- A**ttention
- H**eart (Values)
- A**dvisor (Thoughts)
- N**oticer (Feelings)
- D**iscover (Behaviours)



Aware Name Describe

We can all  
See-Act.



- A Attention
- H Heart (Values)
- A Advisor
- N Noticer
- D Discover



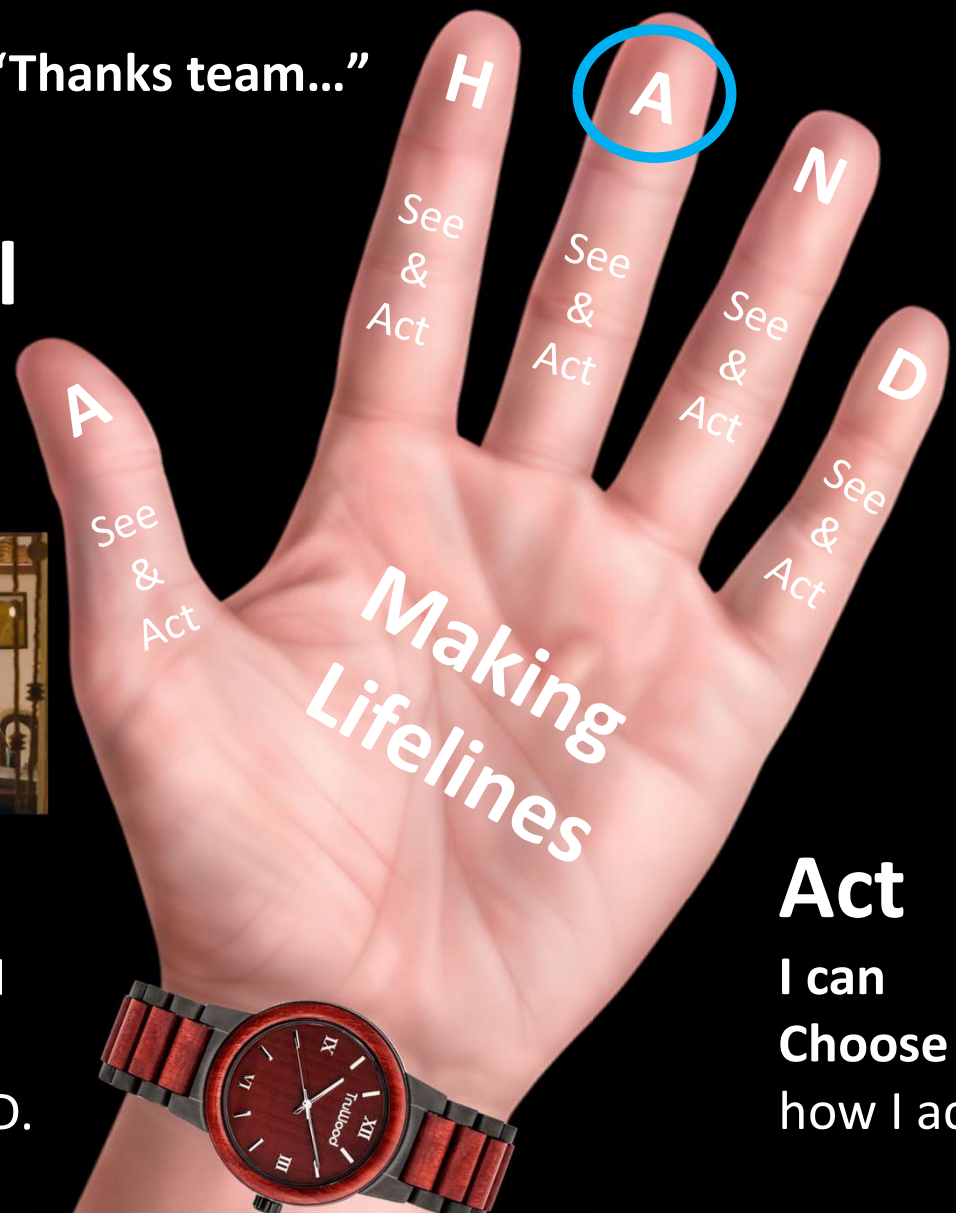
**See**  
I Notice I  
can see  
my HAND.

**Act**  
I can  
Choose  
how I act.



**We can all  
See-Act.**

“Thanks team...”



- A**ttention
- H**eart (Values)
- A**dvisor
- N**oticer
- D**iscover



**See**  
I Notice I  
can see  
my HAND.

**Act**  
I can  
Choose  
how I act.



**We can all  
See-Act.**



Oh, behave!

**See**

I Notice I  
can see  
my HAND.



**Act**

I can  
Choose  
how I act.

- A**ttention
- H**eart (Values)
- A**dvisor
- N**oticer
- D**iscover



**We can all  
See-Act.**



**See**  
I Notice I  
can see  
my HAND.



**Act**  
I can  
Choose  
how I act.

- A**ttention
- H**eart (Values)
- A**dvisor
- N**oticer
- D**iscover





**Wear  
sunscreen.**

- Caring people
- Safe places
- Meaningful roles
- Eat well
- Sleep well
- Exercise well



- A**ttention
- H**eart (Values)
- A**dvisor
- N**oticer
- D**iscover



We all have a hand...

to use.  
to give.  
to hold.



Attention  
Heart (Values)  
Advisor  
Noticer  
Discover

everybody's free to wear sunscreen - Baz Luhrmann



0:03 / 7:05

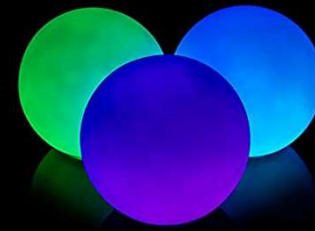


We all have a hand...

to use.  
to give.  
to hold.



- Caring people
- Safe places
- Meaningful roles
- Eat well
- Sleep well
- Exercise well



- Attention
- Heart (Values)
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- Discover

