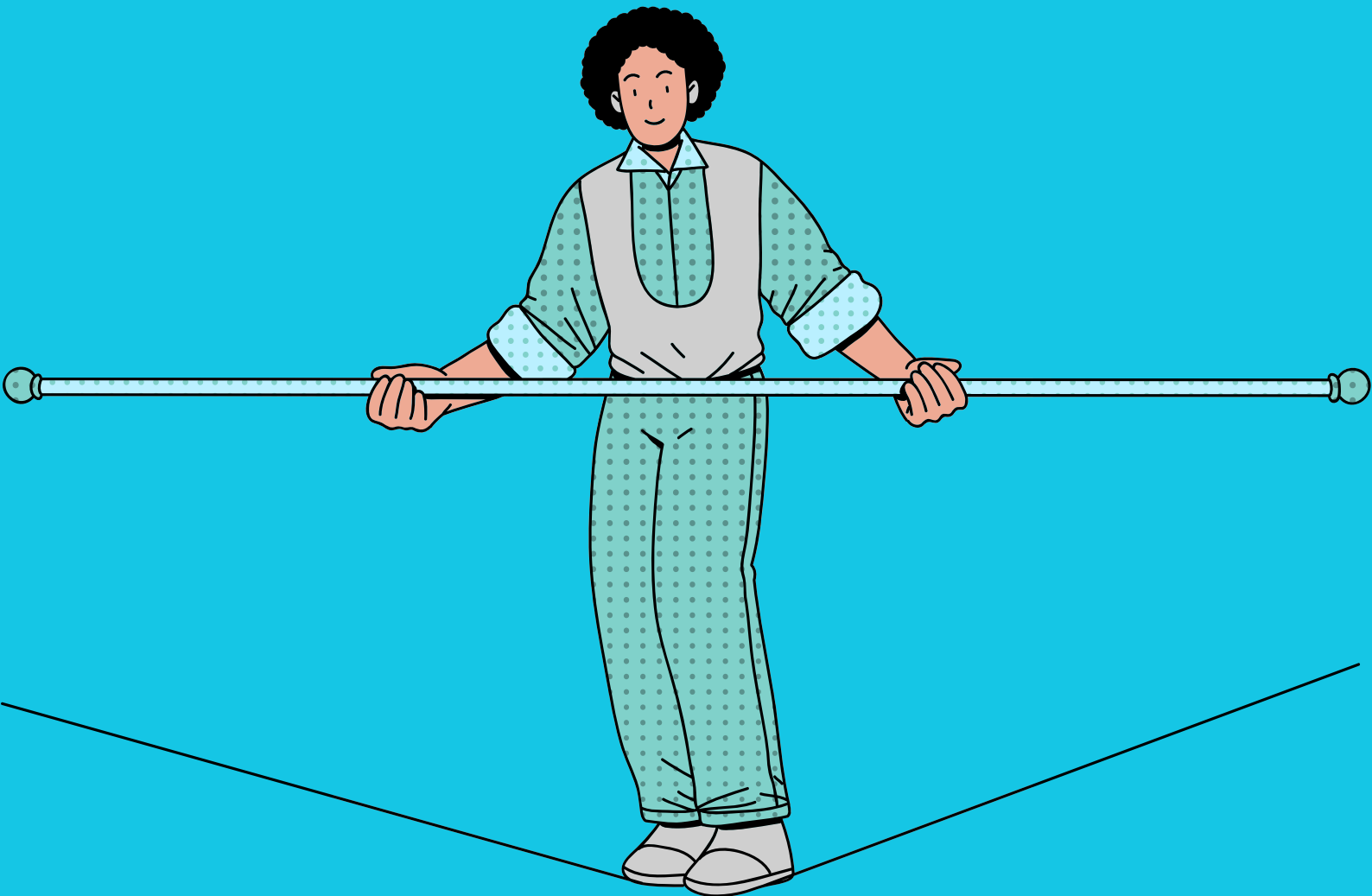


# SELF CARE STRATEGIES & THERAPEUTIC MODELS SESSION HANDOUT



# TENDING TO YOUR NERVOUS SYSTEM



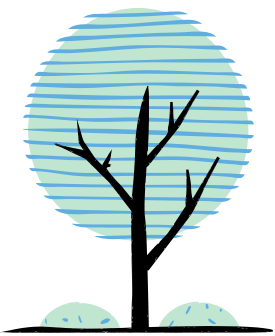
Create and use  
a regulating  
sensory box



Exercise or  
fidget



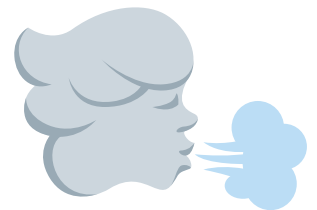
Talk with trusted  
friend



Get outside



Read something  
calming out loud



Deep breathing  
or meditation



Listen to  
relaxing music



Do some yoga  
or gentle  
stretching



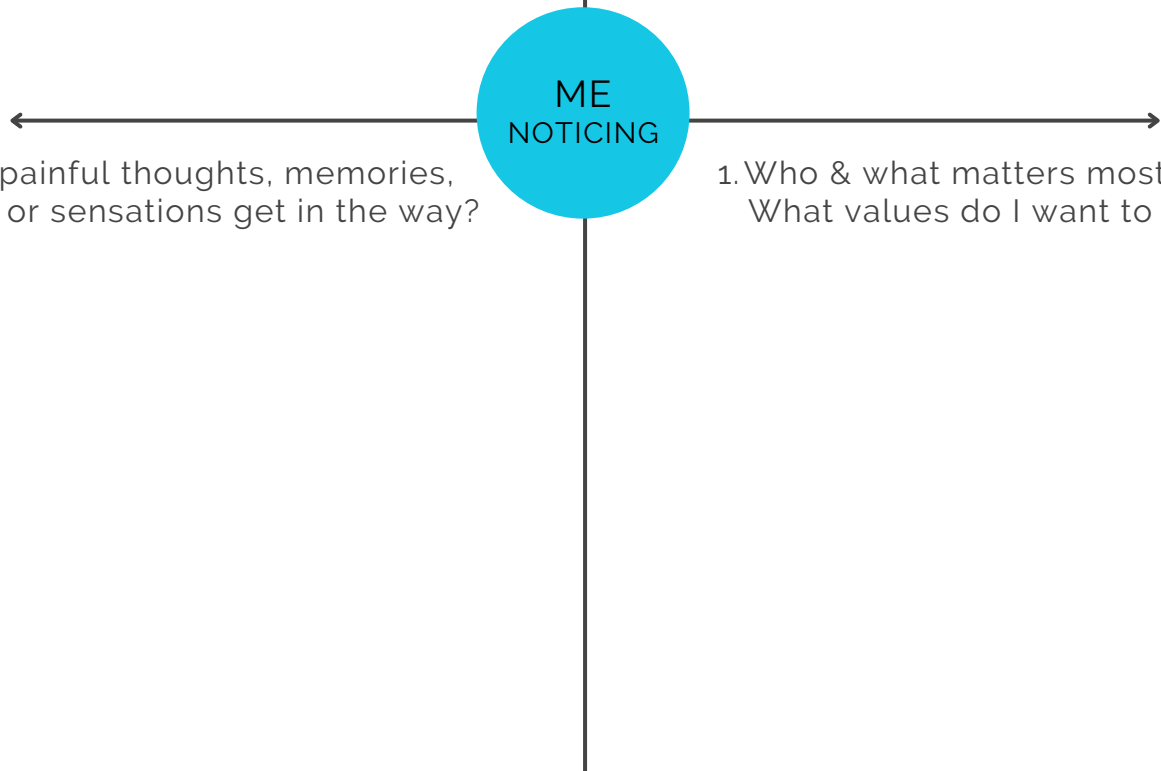
Look at the sky  
for 60-90  
seconds

# THE ACT MATRIX

YOU CAN USE THE MATRIX AS A TOOL TO HELP YOU MAKE DECISIONS, OR  
TO CHECK IN WITH YOURSELF IF YOU FEEL STUCK OR LOST.

3. What do I do to move away from painful experiences?

4. What can I do to move towards what is most important to me?



2. What painful thoughts, memories, feelings or sensations get in the way?

1. Who & what matters most to me?  
What values do I want to live by?

WHAT'S MY BOLD MOVE?  
WHAT PROMISE CAN I MAKE  
AND KEEP TO MYSELF?

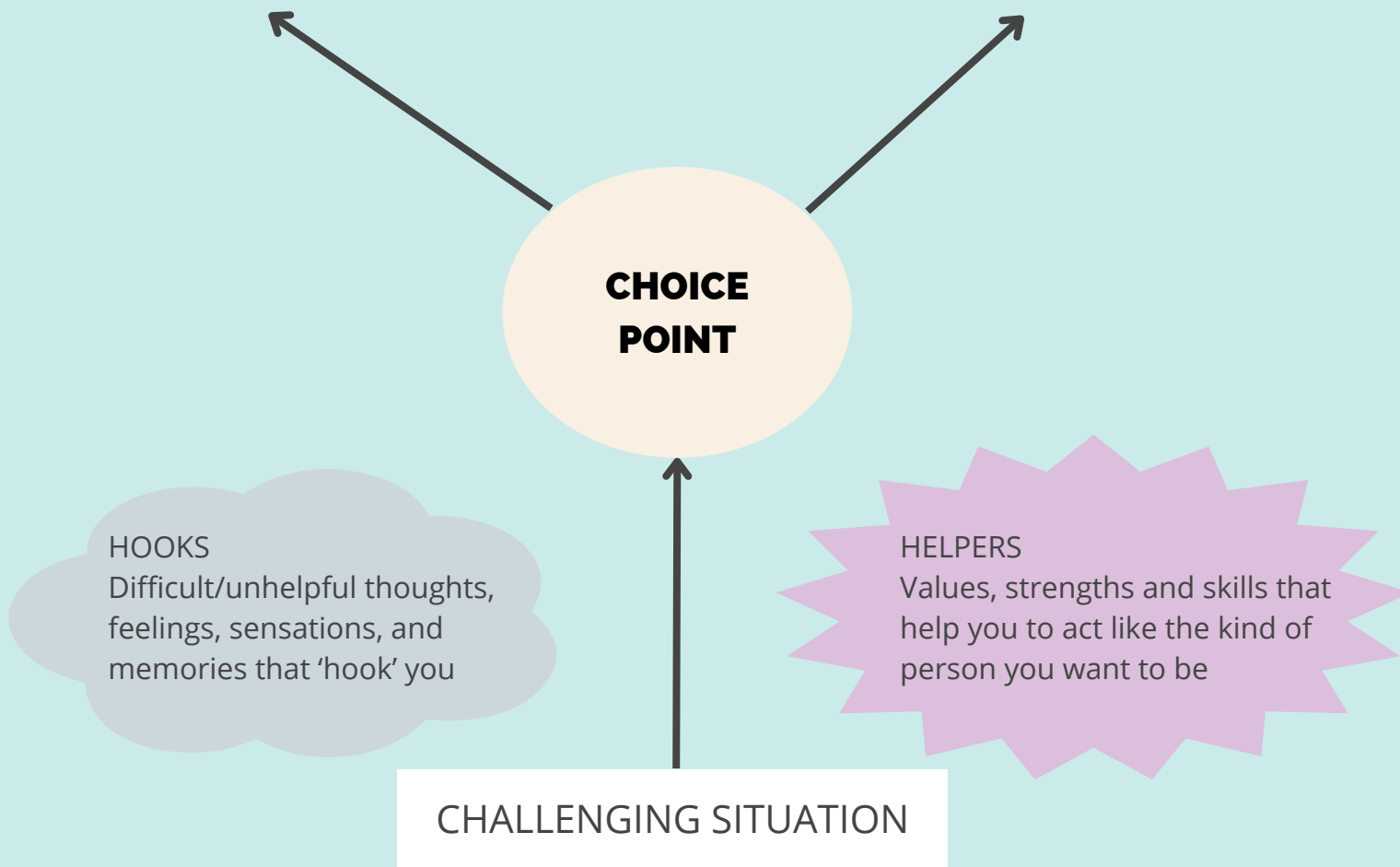
# THE CHOICE POINT

'AWAY'

Acting ineffectively, behaving unlike the person you want to be

'TOWARDS'

Acting effectively, behaving like the person you want to be



At the choice point, **STOP**:

**S - Slow down** - Slowly breathe, press your feet down, or stretch

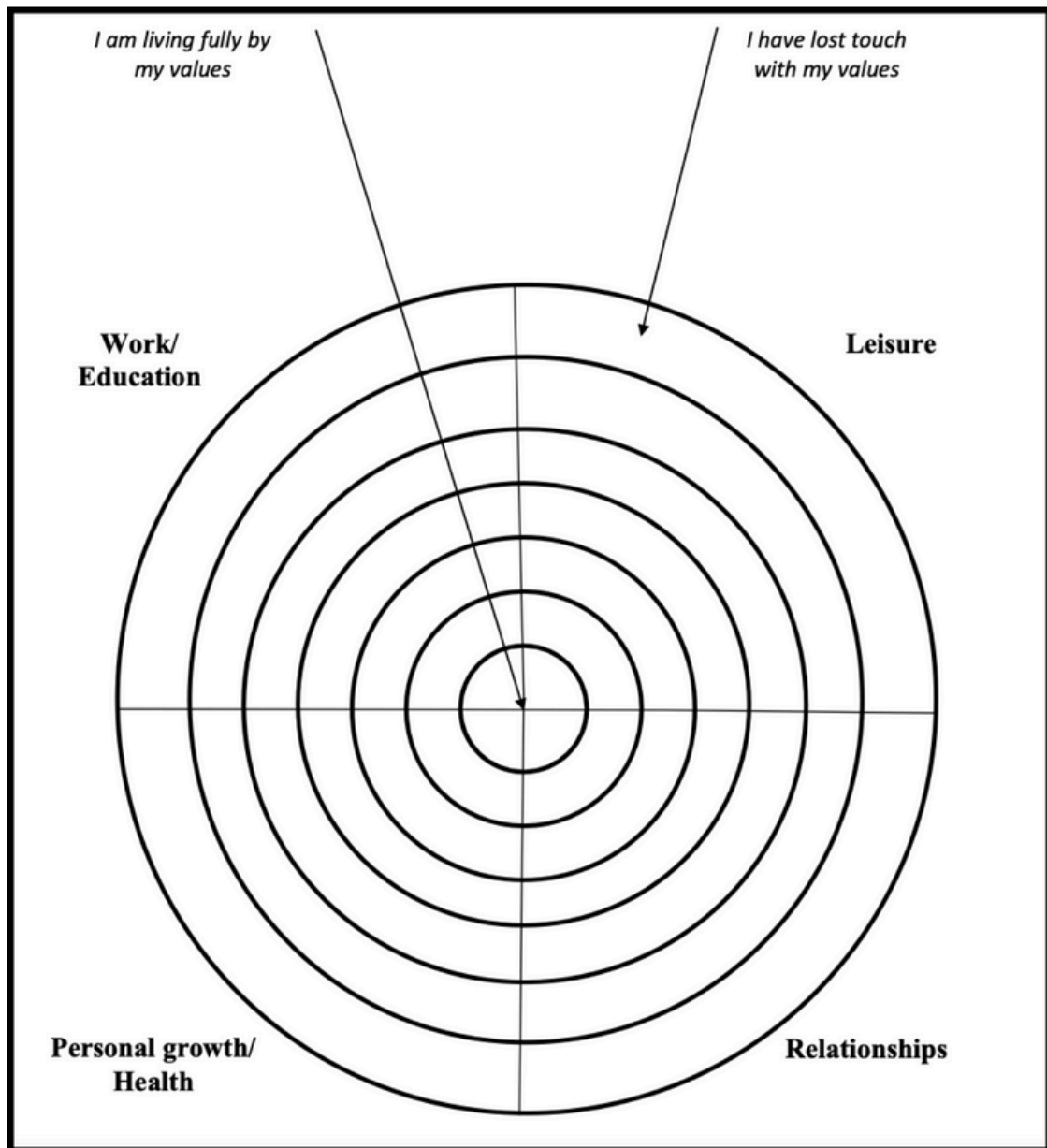
**T - Take note** - Notice what you are feeling & thinking; notice the world around you & what you are doing

**O - Open up** - Make space for your thoughts & feelings; allow them to freely flow through you

**P - Pursue values** - Remember your values and find a way to act on them (no matter how small)

**WHAT IS THIS IN SERVICE OF?**

# THE BULL'S EYE



Think about what's important to you in each area of your life. Rank each area (from 1 to 4 with 1 being most important) in terms of how much it matters to you **right now**.

Make an X in each quarter of the dart board, to represent where you stand today. An X on the Bull's Eye (the centre of the board) means that you are living fully by your values in that area of life. An X far from the Bull's Eye means that you are not close to the mark in terms of living by your values. No judgement! We're just noticing.

It's ok not to be at the centre for each area! If it's not important to you right now and you're not at the centre, **that may not be a problem**. You get to decide if it is or isn't.

And finally - if you're far from the centre in a quarter that matters to you ...

**what can you do about it?**

# RESOURCES

## Therapeutic Models

**Cognitive Behavioural Therapy (CBT).** Search for the Ontario Structured Psychotherapy Program (OSP). For online CBT coaching, visit [Bounce Back Ontario](#).

**Dialectical Behavioural Therapy (DBT).** Visit [DBT Self-Help](#) or [Dialectical Behavioural Therapy](#) for free resources. DBT programs and practitioners can be found on [Psychology Today](#).

**Acceptance Commitment Therapy (ACT).** Find ACT clinicians via Psychology Today. Some ACT books: **The Happiness Trap** by Russ Harris, **The Joy of Parenting** by Lisa Coyne & Amy Murrell, and **Get Out of Your Mind and Into Your Life** by Steven Hayes. For a nice intro to the ACT Matrix, watch [this video on YouTube](#).

**Eye Movement Desensitization & Reprocessing (EMDR).** Find an EMDR clinician at [EMDR Canada](#) or via Psychology Today. An animated video that explains EMDR can be found [on YouTube](#).

**Internal Family Systems.** You can find an IFS practitioner via [the IFS Institute](#). Richard Schwartz has written an excellent book on IFS called **No Bad Parts**.

## Other Resources

Low-cost Therapy: [Hard Feelings](#) offers both online and in-person therapy.

Ontario Mental Health Services Database: [ConnexOntario](#) provides web, phone or text access to their services database 24/7.