



Supporting emotional well-being through principles of Acceptance and Commitment Therapy (ACT)

Warwickshire Educational Psychology Service has developed a series of short webinars to support emotional well-being. The session is aimed at parents/carers, secondary aged young people, school staff and other professionals. The sessions are free to access as part of our work in virtually supporting families and staff in Warwickshire during this time.

There are 4 Webinars in this series:

Session 1: Introduction to the principles of ACT and introduction of a key ACT principle of focusing on what you can control.

Session 2: Acknowledging our thoughts and feelings. Key ACT principles involve learning to acknowledge and accept all feelings and thoughts, whether these are difficult or not; sit with these feelings; and then learn to step away from difficult thoughts and feelings, so that we can make choices about how we behave, rather than reacting in a way that that may not be helpful for us in the longer term.

Session 3: 'Come Back into Your Body' focuses on practising mindfulness by connecting with the body, and includes some interactive activities. Being aware of how our bodies feel can help to ground us in the present moment; a key principle of mindfulness.

Session 4: A guided introduction to Dropping Anchor a technique to disrupt rumination and worry; focusing your attention on the task or activity you are doing. The better you anchor yourself in the here and now, the more control you have over your actions.

The Webinars will be available from the 22nd June 2020.

If you would like to sign up to watch the Webinars, there are 2 ways you can do so, either

Click on [Warwickshire EPS webinar](#) link or scan the QR code using a phone or tablet to access the form



Once signed up the Webinars will be available to watch via the email links for up to 30 days.