

### **Let Go and Be Well**

- \*Overview of Depression
- \*Introduction to Acceptance and Commitment Therapy
- \*Fusion and Defusion
- \*Thinking Mind vs. Observing Mind and Acceptance
- \*Mindfulness
- \*Values
- \*Taking Action

### **Improving Your Mood**

- \*Overview of Depression
- \*Behavioral Activation
- \*Make and Activation Plan and Identifying Values
- \*Achieving Flow and Identifying Strengths
- \*Avoidance and Depression Traps
- \*Problem Solving
- \*Life Balance and Relapse Prevention

### **Calming your Anxiety**

- \*Understanding Anxiety and Worry
- \*Relaxation and Anxiety Reduction
- \*Thoughts, Assumptions, and Core Beliefs
- \*Mindfulness
- \*Facing your Fears
- \*Lifestyle Factors
- \*Anxiety Review

### **Evaluating my Alcohol and Drug Use**

- \* Do I Need to Do Something About My Alcohol or Drug Use?
- \*Making Decisions about your Alcohol or Drug Use

### **Coping Through Coronavirus**

#### **Interpersonal Relationships and Communication**

- \*Managing Anger
- \*er