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Exactly What to Do to Get Out of Your Own Head

1. Don't judge your thoughts.
2. Have a mantra (and stick with it, no matter what).
3. Notice outer noise.
4. Focus on someone else.
5. Remember all you ever have to handle is the present moment.

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Life: The New Acceptance and Commitment Therapy, advocate Dr. Steven Hayes escorts the mildly depressed, angry, and anxiety prone through a new approach to handling suffering--universal human suffering caused by language's illusions. Rather than fighting off bad thoughts and feelings with



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internal pep talks, Hayes beautifully explains how to embrace those pessimistic and foreboding mental voices (much like welcoming home one's cranky, play-worn children ...

**(PDF) Get Out of Your Mind and Into Your Life - Steven C ...**

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Cultivating calm through disciplined practice. In addition to lifestyle imperatives like getting adequate sleep, reducing caffeine, and exercising for at least 30 minutes per day, the following tips can help you make the most of your active mind: 1. Settle your central nervous

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system. In short, breathe.

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- Steven C. Hayes testimony: “With kindness, erudition, and humor, the authors of Get Out of Your Mind and Into Your Life educate readers into a new way of thinking about psychological issues in general and

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