



Practicalities

LIFECOMPASS

- All slides from this presentation will e-mailed as a link available one week.
- ✓ More information about this group, research and 29k: www.livskompass.se & ww.29k.org
- My contact info can be found at the end of the hand-outs (livheim@gmail.com)
- If you are interested in working with our groupformat or want to learn more about 29k, please grab me after this presentation or contact me.



















ACT on this format (and a similar by Bond et al) Published in peer-reviewed journals

- Bond, F. W., & Bunce, D. (2000). Mediators of change in emotion-focused and problem-focused worksite stress management interventions. J Occup Health Psychol, 5(1), 156-163.
- + Flaxman, P. E., & Bond, F. W. (2010a). A randomised worksite comparison of acceptance and commitment therapy and stress inoculation training. Behav. Res. Ther, 48(8), 816-820.
- + Flaxman, P. E., & Bond, F. W. (2010b). Worksite Stress Management Training: Moderated Effects and Clinical Significance. J Occup Health Psychol, 15(4), 347-358

ACT on this format (and a similar by Bond et al) - Published in peer-reviewed journals

- Brinkborg, H., Michanek, J., Hesser, H., & Berglund, G. (2011). ACT for the treatment of stress among social workers: a randomized controlled trial. Behav Res Ther, 49(6-7), 389-398
- + Lloyd, J., Bond, F.W., & Flaxman, P.E. (2013). Identifying the psychological mechanisms underpinning a cognitive behavioural intervention for emotional burnout. Work & Stress, 27, 181-199.
- + Frögéli, E., Djordjevic, A., Rudman, A., Livheim, F. & Gustavsson P. (2015). A randomized controlled pilot trial of ACT for preventing stress-related ill health among future nurses. Anxiety Stress Coping. 7:1-17







students

	Study on 106 stressed social workers
	- Brinkborg et al 2011
	Behaviour Research and Therapy xxx (2011) 1–10
ELSEVIER	Contents lists available at ScienceDirect
	Behaviour Research and Therapy
	journal homepage: www.elsevier.com/locate/brat
Acceptanc	a and commitment therapy for the treatment of stress among
	e and commitment therapy for the treatment of stress among kers: A randomized controlled trial
social wor	



































Format of the treatment/course, 2

- Brief intervention in group (4-30 people).
- •• Using a standardised protocol, with work material and an App to maintain positive effects.
- •• The format has been designed to promote a warm atmosphere without the participants having to disclose themselves.
- •• The participants practise between the sessions to increase the effects of the programme. They are given direct feedback on their efforts.

LIVSKOMPASS



Demands and situations many people find stressful (especially if they occur at the same time)

- ✤ Death in the family
- ↔ Relationship problems, breakups ↔ Problems with family or friends
- Being harassed at work Moving to a new home
- * Illness—own or family member's * Facing financial difficulties
- Becoming a parent
- Mental health issues
- Physical problems
- ✤ Sexual difficulties
- ↔ Heavy workload
- Complex assignments
- Trouble with boss

- ✤ Restructuring at work

- A family member in distress
 - ✤ Child leaving home
 - ✤ Feeling a lack of control
 - ✤ Job interviews
 - •• Not enough hours in the day
 - •• A new job
 - •• Meeting an impossible deadline

How do you know you're stressed?

























Are we...

 ... as humans facing new kind of challenges living in a post-industrial knowledge society? (when a country's service sector generates more wealth than the manufacturing sector)
✓ I would say that most of us are, we typically spend more time in our heads, and in the language stew.
✓ Hence the increased interest in mindfulness and physical activity?

LIVSKOMPASS www.actorgan





What is effective against stress?

- 1. To change or eliminate the sources of stress
- 2. Acceptance, to change your attitude to stress & stressors
- 3. Recharging activities (recovery), including sleep
- 4. Exercise
- 5. Mindfulness, attitude, living in the present moment, etc.

LIVEKOMPASS





LIVEKOMPASS www.actorganisation.com































Things we need to practise accepting:

- •• The fact that we will all die
- + Our own history, our childhood
- •• Thoughts and uncertainties of the future
- + Our body and its functions
- •• Pain
- Our appearance
- Feelings both negative and positive

LIVEKOMPASS

Things we need to practise accepting:

- •• Other people
- •• That we have to choose and act
- •• Crises
- ✤ Everyday life
- Tiredness
- Sexual orientation
- That it is sometimes difficult to accept

LIFEGOMPASS















www.actorganisation.com

Why is it so?

LIVEGOMPASS























































