

## **ACT Now training video links**

### **Online Act videos**

Choice Point by Russ Harris: <https://www.youtube.com/watch?v=vKE9e8pgrg8>

Evolution of the human mind: <https://www.youtube.com/watch?v=kv6HkipQcfA&t=2s>

### **Health professional & patient videos**

1. Starting a conversation about appearance: <https://youtu.be/age7C1bdAso>
2. Introducing the ACT Map: **Changes currently being made. Will send as soon as possible.**
- 3a. A Mindful Breathing exercise: <https://youtu.be/9a6PBisrAy8>
- 3b. Patient's feedback on the mindful breathing exercise: <https://youtu.be/TIHJWwxAPDU>
4. A Thought De-fusion exercise: <https://youtu.be/TyZM1W9p0jM>
5. Setting a simple goal: <https://youtu.be/CvhJ2T4roxE>