MS Society Cymru

ACT

Acceptance and Commitment Therapy

online 8 week group

WHAT IS ACT?

Acceptance and Commitment Therapy is usually pronounced as a single word – 'ACT'. The aim of ACT is to help people to find more meaning and fulfilment in everyday life, whilst managing inner experiences such as difficult thoughts, emotions and physical struggles more effectively. ACT is an evidence-based intervention which has been shown to be helpful for people living with long term health conditions, people with a wide range of emotional health concerns and as an approach to general wellbeing. In short, most human beings might find ACT helpful!

The core elements of ACT can be distilled to three main areas:

Opening up: Learning to drop the struggles with difficult thoughts and feelings that can sometimes hold us back.

Being aware: Learning to pay attention to the moment, to learn from the wisdom of your own experience and to appreciate life fully.

Take action: Getting a better idea of what really matters to you and challenging yourself to do more of that, more often.

When?

The group will start on **Thursday October 6th** facilitated by Dr Elizabeth Burnside of Bangor University. There will be the option of attending either a morning or evening stream.

SIGN UP

Contact MS Cymru at mscymru@mssociety.org.uk