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Let Go and Be Well

- Introduction to Acceptance and Commitment Therapy
- Fusion and Defusion
- Thinking Mind vs. Observing Mind and Acceptance
- Mindfulness
- Values
- Taking Action

Calming your Anxiety

- Relaxation and Anxiety Reduction
- Thoughts, Assumptions, and Core Beliefs
- Mindfulness
- Facing your Fears
- Lifestyle Factors

Interpersonal Relationships and Communication

- Managing Anger
- Communication Strategies
- Relationships
- Communication Styles
- Problem Solving

Leave your Blues Behind

- Feelings and Thoughts
- Understanding Stress and Relaxation
- Unhealthy and Healthy Thoughts
- Layers of Thinking
- Core Beliefs
- Relationships, Lifestyle, and Problem Solving

Improving Your Mood

- Behavioral Activation
- Make and Activation Plan and Identifying Values
- Achieving Flow and Identifying Strengths
- Avoidance and Depression Traps
- Problem Solving

Pain Management

- Understanding Pain
- Managing Pain and Lifestyle Factors
- Cognitive Strategies for Pain Management
- Mediation for Pain
- Act for Pain Management

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

Recovery Skills and Topics

- Coping with Cravings
- Refusal Skills and Social Support in Recovery
- Recovering from a Lapse or Relapse
- Overcoming Guilt and Shame
- Managing Finances in Recovery
- Time Management in Recovery
- Identifying Core Values in Recovery

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2. Leave the 'Enrollment Key' field blank.
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4. Check your email. You will be sent a confirmation link which you must click on to confirm your account.

