

Strengthen your mind with ACT-practices

Crisis Center Valo
MIELI Mental Health Ostrobothnia



mieli

*Our mission is to promote and
boost mental health at every age.*

MIELI provides training, materials and tools for individuals and professionals.

For more information about mental health and support please visit
[MIELI Mental Health Finland's site \(mieli.fi\)](https://mieli.fi).

Ostrobothnian Crisis Center Valo

- **Crisis assistance and support available quickly and easily**
- We provide support for everyday crisis situations and help coping with the difficulties in life. If you need help or just someone to talk to about your problems, please contact us.
 - Face-to-face at the Center
 - Via phone or via video-chat
- You do not need a referral or a diagnosis to become Valo's customer.
- We can work with you alone, with you and your partner, or provide help for your entire family. You can receive our support anonymously.

- Korsholmanpuistikko 44, 2. krs, 65100 Vaasa
- **Calling hours mon-thu 9-15, 044 979 2439** or info@pohjanmaankriisikeskus.fi
- Find us on Facebook and Instagram

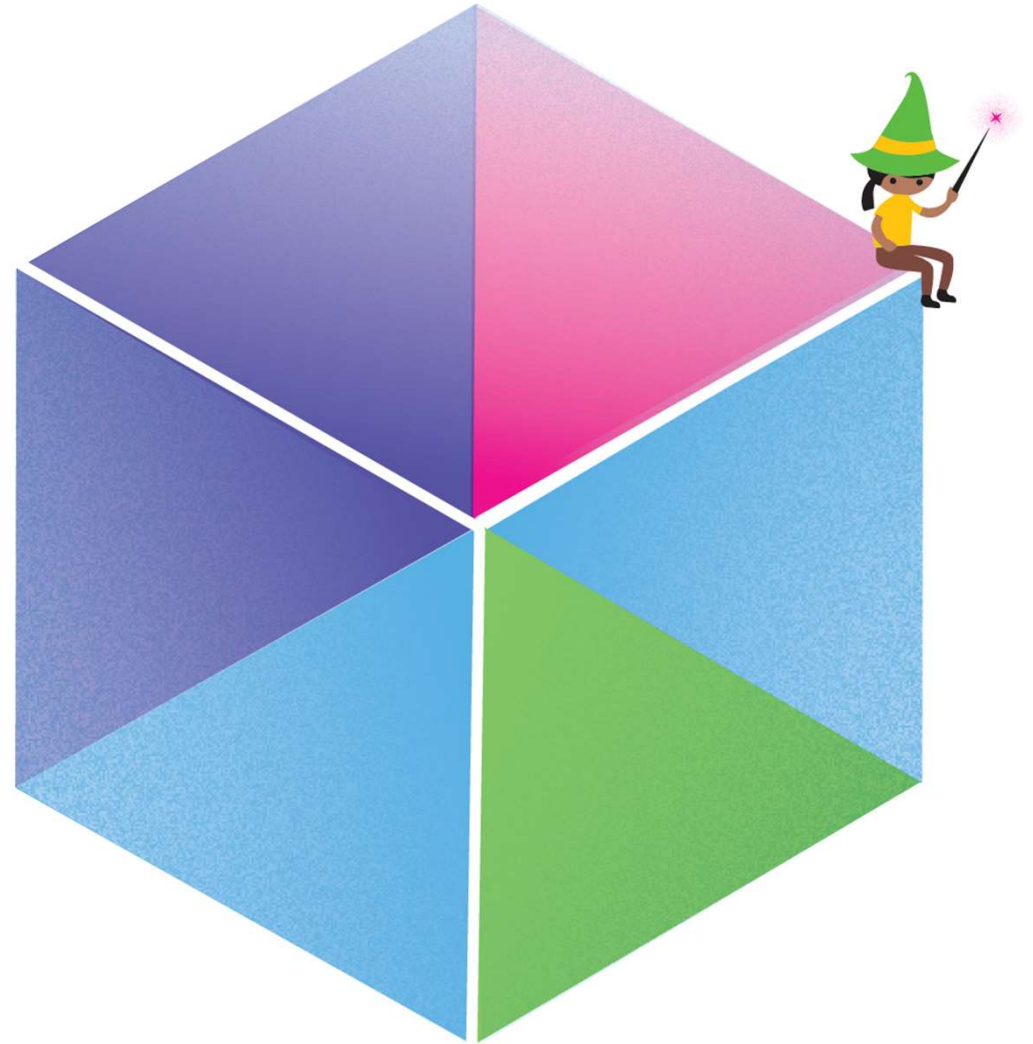
The Crisis Hotline by MIELI

- Crisis phone in **Finnish** 09 2525 0111, 24 hours a day.
- Crisis telephone in **Swedish** 09 2525 0112, Mon and Wed 16:00-20:00, Tue, Thurs, Fri 9:00-13:00. On Fridays also in **English**.
- Crisis phone in **Arabic**, you can also call in **English**, 09 2525 0113, Mon and Tue 11:00-15:00, Wed 13:00-16:00 and 17:00-21:00, Thu 10:00-15:00
- Crisis phone in **Ukrainian** 09 2525 0114, Mon and Thurs 12:00-16:00, Tue and Fri 9:00-13:00, Wed 17:00-21:00.
- Crisis phone in **Russian** 09 2525 0115, Mon and Thurs 12:00-16:00, Tue and Fri 9:00-13:00, Wed 17:00-21:00.



We also have **chats** and **peer support groups** in **Finnish** on **mieli.fi**

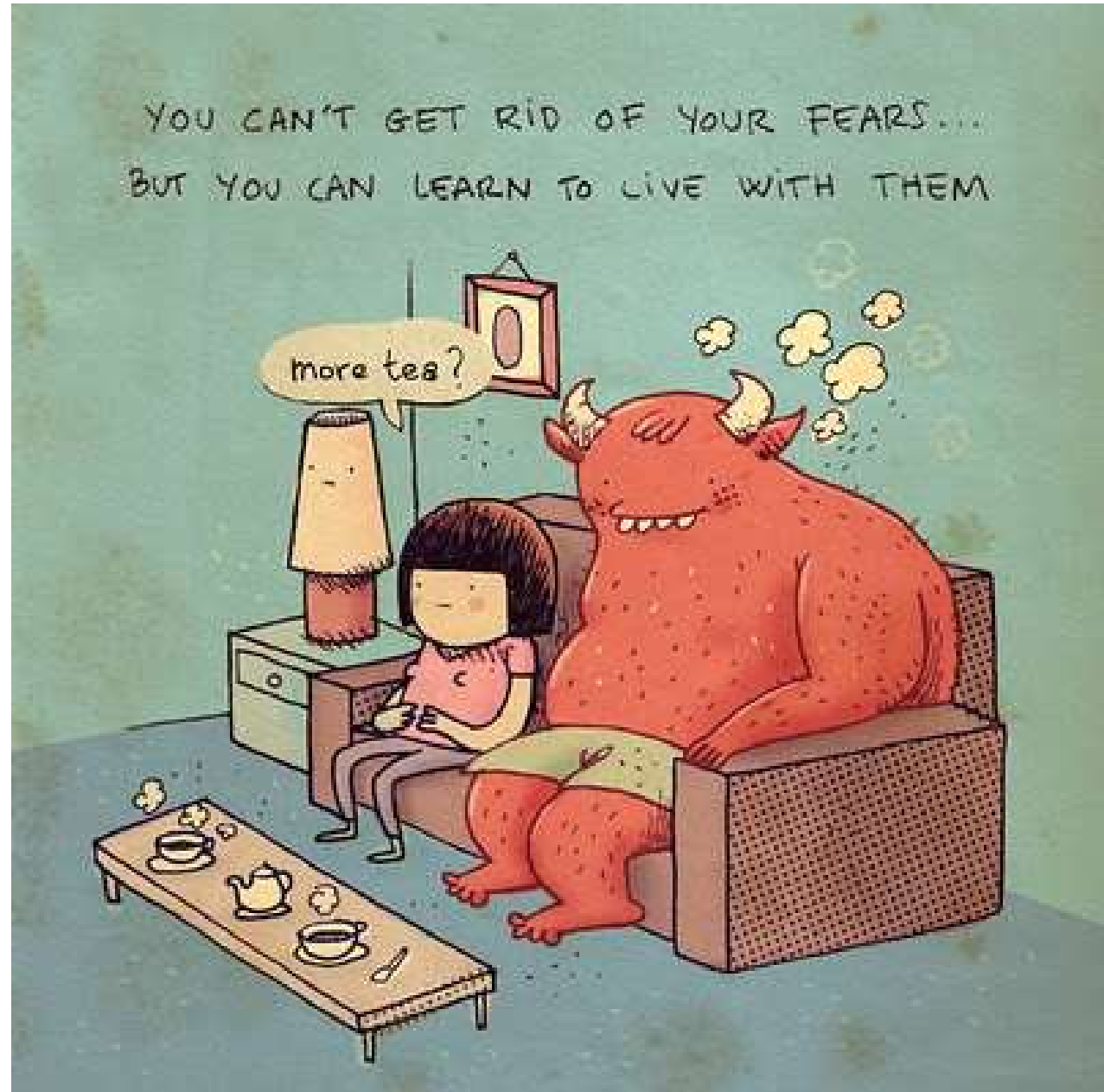
Acceptance and commitment therapy (ACT)



A key goal of ACT is to practice skills that contribute to well-being.

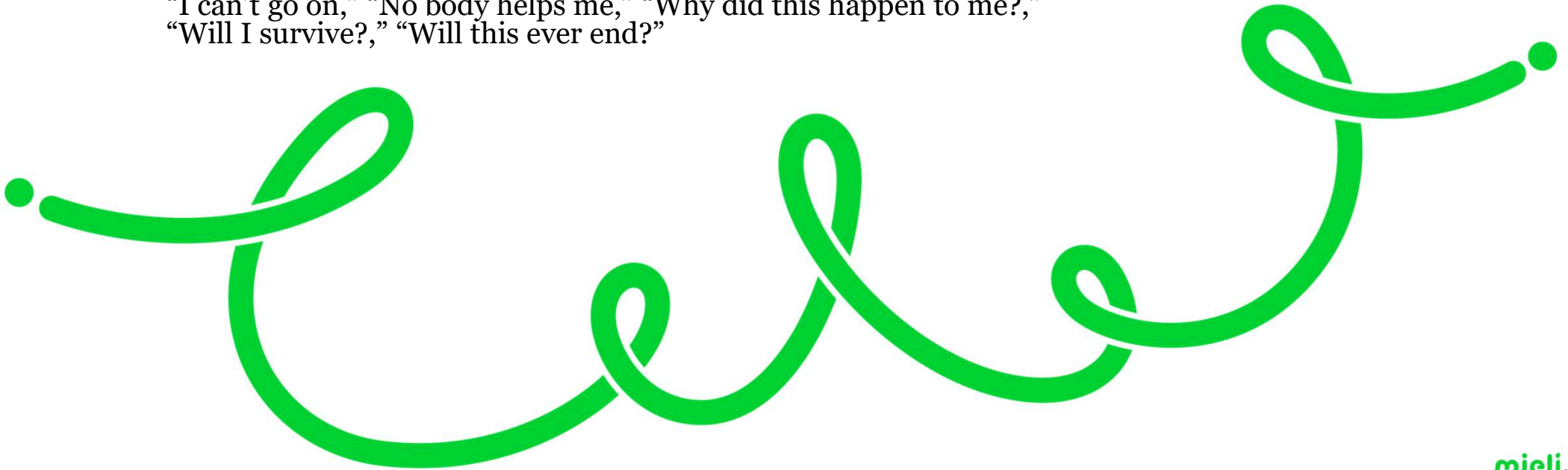
Strengthening “Psychological Flexibility” by:

1. Accepting the feelings and thoughts
2. Clarifying the values
3. Committing to actions



Examples of how ACT can help with challenging life events

- Situation: Divorce / Unemployment / Health problems / other?
- What kind of feelings the situation causes?
 - Anxiety? Stress? Depression? Anger? Sadness? Hopelessness? Fear?
- What kind of thoughts?
 - “I am not worthy,” “I am not enough,” “I will never get a job,” “I will always be alone,” “No body cares,” “I can’t go on,” “No body helps me,” “Why did this happen to me?,” “Will I survive?,” “Will this ever end?”





1. Accepting thoughts and feelings

- We cannot get rid of thoughts or feelings.
- We can still affect on them. Edit them. We can make them more suitable for the situation.
- No one needs to accept the situation itself. But we can accept the situation as part of our lifestory. We can accept the feelings and thoughts that it brings.

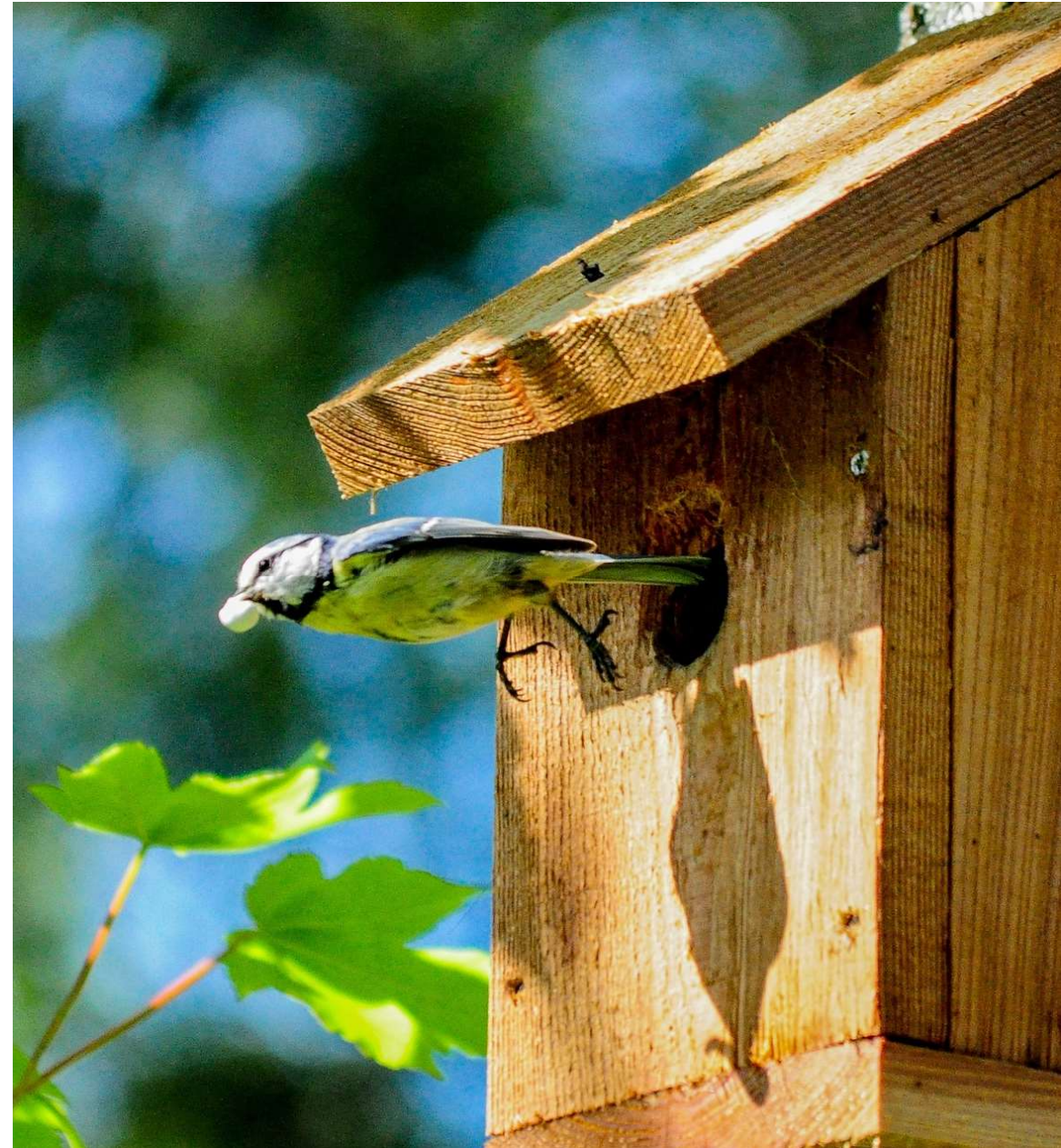
Example of an ACT practise: **Birdhouse**

I have a birdhouse in the yard. Sometimes there are residents and nest materials, sometimes it's empty. All the time, however, it's a bird's nest. A space where the birds are allowed to live or spend the night, or just shelter from bad weather.

I'm a bit like that bird house in my yard tree. I have space for my thoughts and feelings. All the time I'm the same me, but my thoughts and feelings change, a bit like the residents in a birdhouse.

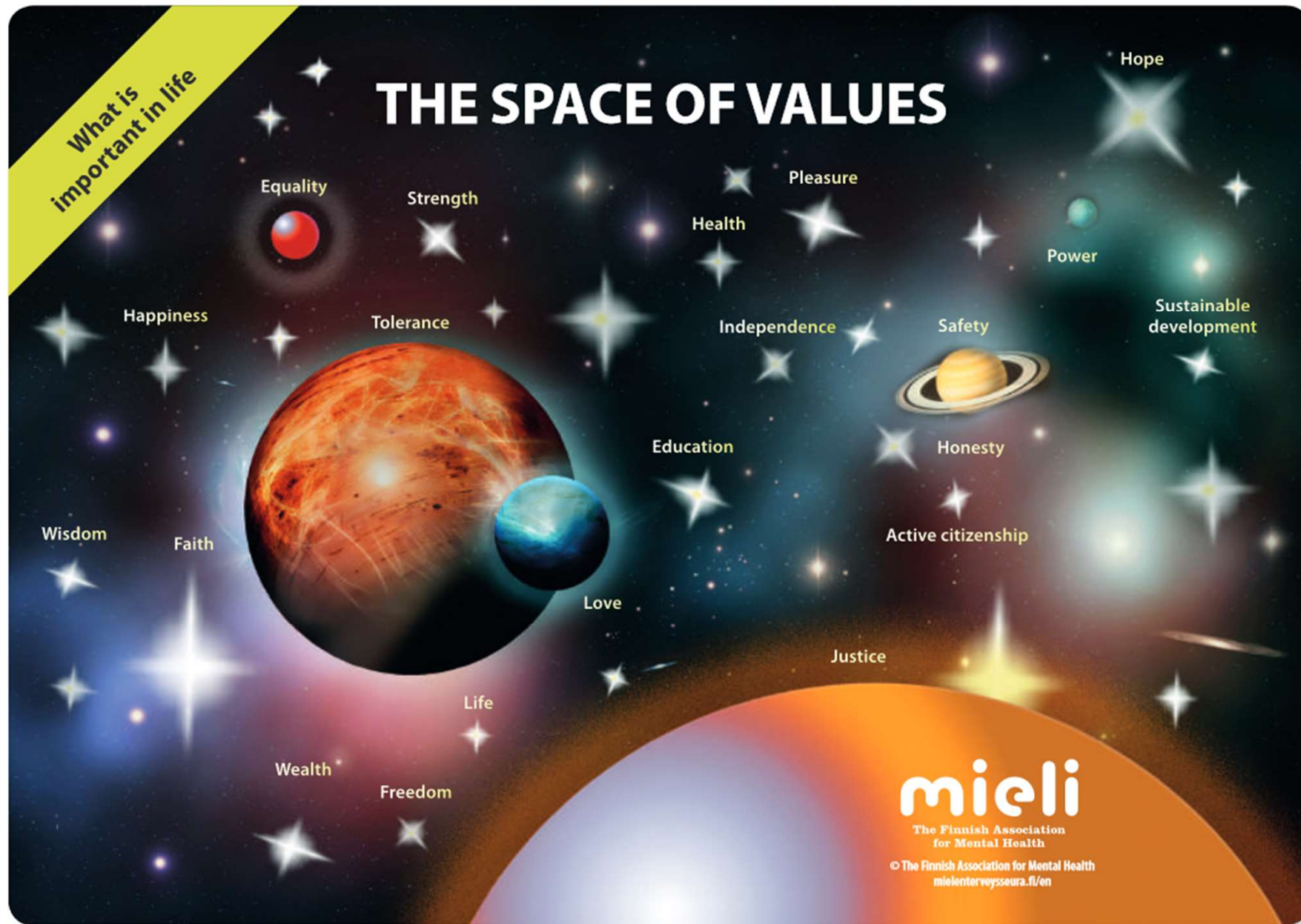
The birdhouse has an opening where the bird can fly out and come back. In the same way, I have to let thoughts come and go. If you put a barrier in the opening of the birdhouse, the consequences are unpleasant.

I want to be a birdhouse who loves all the birds that visit there.



2. Clarifying your lifevalues

- What is important to you in your life?
- Do you live according to your values?





3. Committing to actions

- There are things (events, situations, people) that affect negatively on our well-being, but what we cannot change.

INSTEAD

- We should put our focus on things we can affect, things that improve our well-being:
 - Sleep and rest
 - Food and eating habits
 - Relationships and emotions
 - Exercise and mindfulness
 - Creativity and pleasure



Thank you! 😊

Useful links:

- **Ostrobothnian Crisis Center Valo:**
<https://www.mielenterveysseurat.fi/valo/>
- **MIELI Mental Health Finland:**
<https://mieli.fi/>
- **Magis -mobile game for children (1-6 grades)**
<https://www.magis.fi/en/home/>
- **Project behind the game:**
<https://www.hyvaollakoulussa.fi/en/home/>