

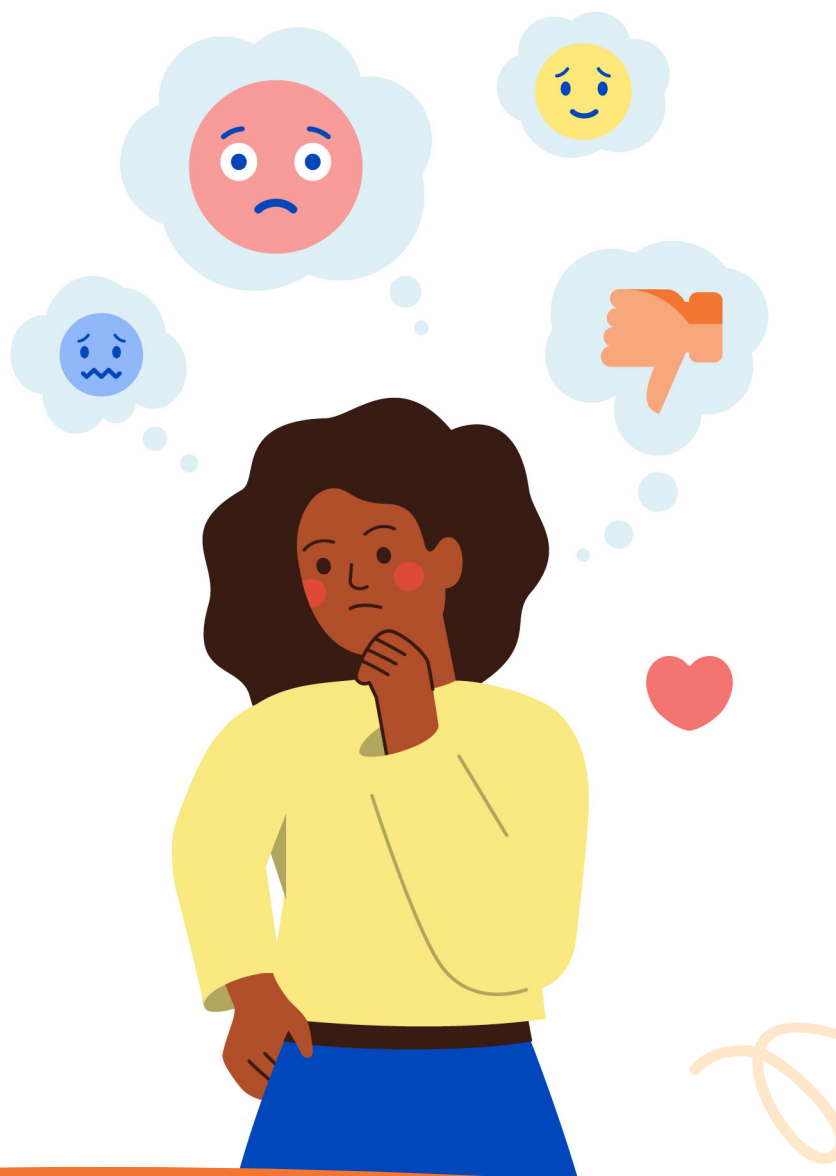
The ACT model

A quick exercise for teachers and education staff

Introduction

ACT is a therapeutic model developed in the 1980s by psychologist Steven C Hayes, to enhance emotional intelligence and wellbeing by promoting acceptance of thoughts and feelings.

The ACT model helps people shift from being emotionally reactive (responding to emotions impulsively or automatically without thinking) to emotionally responsive (responding to emotions thoughtfully and intentionally with awareness), which is thought to help develop emotional intelligence by fostering a deeper understanding of our feelings and behaviours.



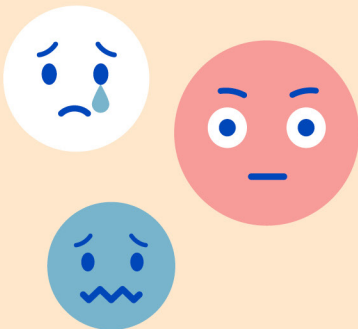
The ACT model:

A

Awareness:

Being aware of your emotions, accepting and labelling them can begin the de-escalation of difficult emotions:

"I feel embarrassed and upset because the observed lesson didn't go as planned, and some students seemed confused."



C

Check thoughts:

It can help to challenge unhelpful and catastrophising thoughts with more balanced thoughts:

"I'm having the thought that I'm a terrible teacher — but that's just a thought, not a fact."

"I also know I've taught many lessons that went well."



T

Try alternatives:

See if you can introduce alternative ways of thinking or try new ways of behaving that could lead to changes in the challenging situation:

"Other lessons this week were much more successful."

"Everyone has lessons that don't go perfectly. My colleague will see my overall practice, not just this one moment, and I can use support and advice from my mentor to improve."

If you're struggling with any emotions, thoughts or challenging situations — you don't have to deal with them alone. Call our emotional support helpline and speak to a qualified counsellor. It is free, confidential and available 24/7 on **08000 562 561**.

Source:

Adapted from the Building Resilience in Teacher Education program