

- Kyle Stepler, LMHC - please feel free to contact me with any questions about today's presentation or another topic/resource you would like support on
 - kyle@dkk.associates (email is best)
 - Text or call: 317-210-3513
- Therapy
 - psychologytoday.com is a great resource - you can filter through therapists based on presenting issues, insurance, race/ethnicity, sex/gender, and many other filters
 - You may also contact your insurance company for a list of covered providers
 - Most therapists are open to providing a free phone consultation. This is a great way to connect with the therapist to determine compatibility and if they have the experience you are seeking - therapists are not one size fits all
- Accelerated Resolution Therapy - Developer Laney Rosenzweig explains ART and shows clips from her sessions
 - <https://www.youtube.com/watch?v=vP7dx03arxl>
- Peer support
 - Cancer Support Community Indiana - <https://cancersupportindy.org/>
 - Peer support groups as well as social and educational programs
 - Pink Ribbon Connection - <https://pinkribbonconnection.org/>
 - Peer Mentoring program
- YouTube
 - Great way to find guided videos for meditation, deep breathing exercises, and other mindfulness practices
 - Just search "guided meditation for [insert issues here]." There are tons of videos for anxiety, fear, sleep, depression, etc. Shop around and find a voice/theme/tone that best fits you
 - Remember to start small - mindfulness is like exercise. You will not go from never meditating to meditating for two hours. A five minute meditation is better than a zero minute meditation

- Values-based Mindset (anchoring to your values)
 - I value X and I commit to that by Y
 - Where X is a value (e.g. health, financial security, connection, peace, leisure, etc.)
 - Remember, a value is continuous - you don't achieve it.
 - "Being healthy" is a goal, not a value
 - "Health" is a value - you do not achieve health
 - It's OK if you start with a goal - pull out the value to work on your commitments
 - "More time with family" is a goal - but what's the value of that - maybe connection, love, or leisure
 - And Y is an action/behavior (e.g. eating out less, creating a budget, reaching out to my friend every week, meditating more, creating a list of hobbies that I like, etc.)
 - You want the "equation" to make sense
 - I value leisure and I commit to that by working 60 hours a week - probably not accurate
 - You can also "balance" the "equation"
 - You may know you value your health, but need to find some actions/behaviors for that
 - You can look at your actions/behaviors and see if they are connected to any values
 - Example: I make sure to walk every day (commitment/behavior/action) - is that tied to a value? Perhaps leisure, health, and/or nature.
 - When an action/behavior is tied to more than one value, you know it's good - keep doing it!
 - But it's also OK if you have only one action/commitment to a value