

# Delivering ACT in Group Format

*- Learning how to promote mental health, resilience, and productivity using ACT*

## Workshop in Berlin 2015, by Fredrik Livheim

- ✓ Hand-outs available at [www.contextualscience.com](http://www.contextualscience.com)
- ✓ More information about this group format at [www.actorganisation.com](http://www.actorganisation.com)
- ✓ Summary of published research at [www.actorganisation.com](http://www.actorganisation.com)

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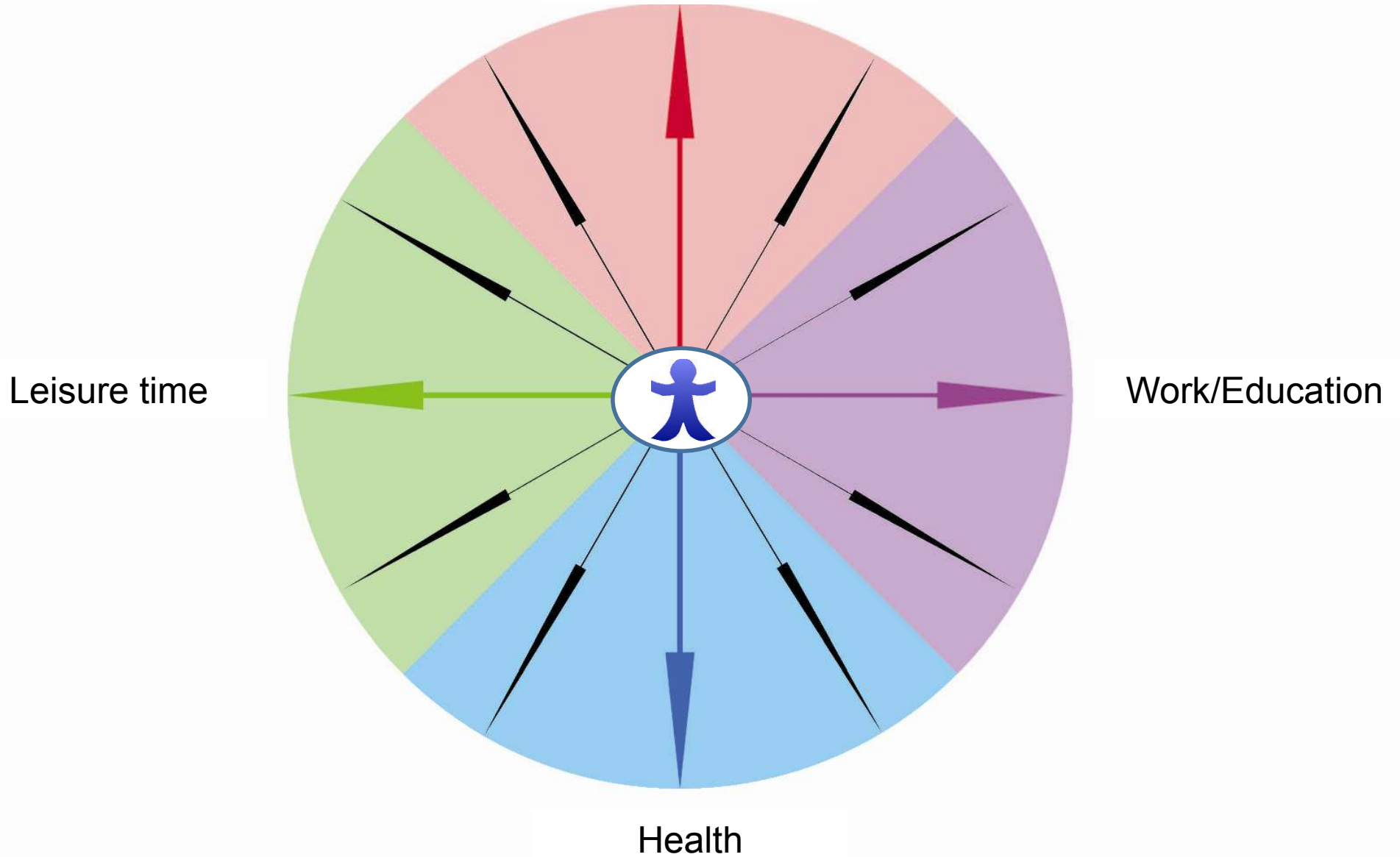


**Karolinska  
Institutet**

**LIFECOMPASS**

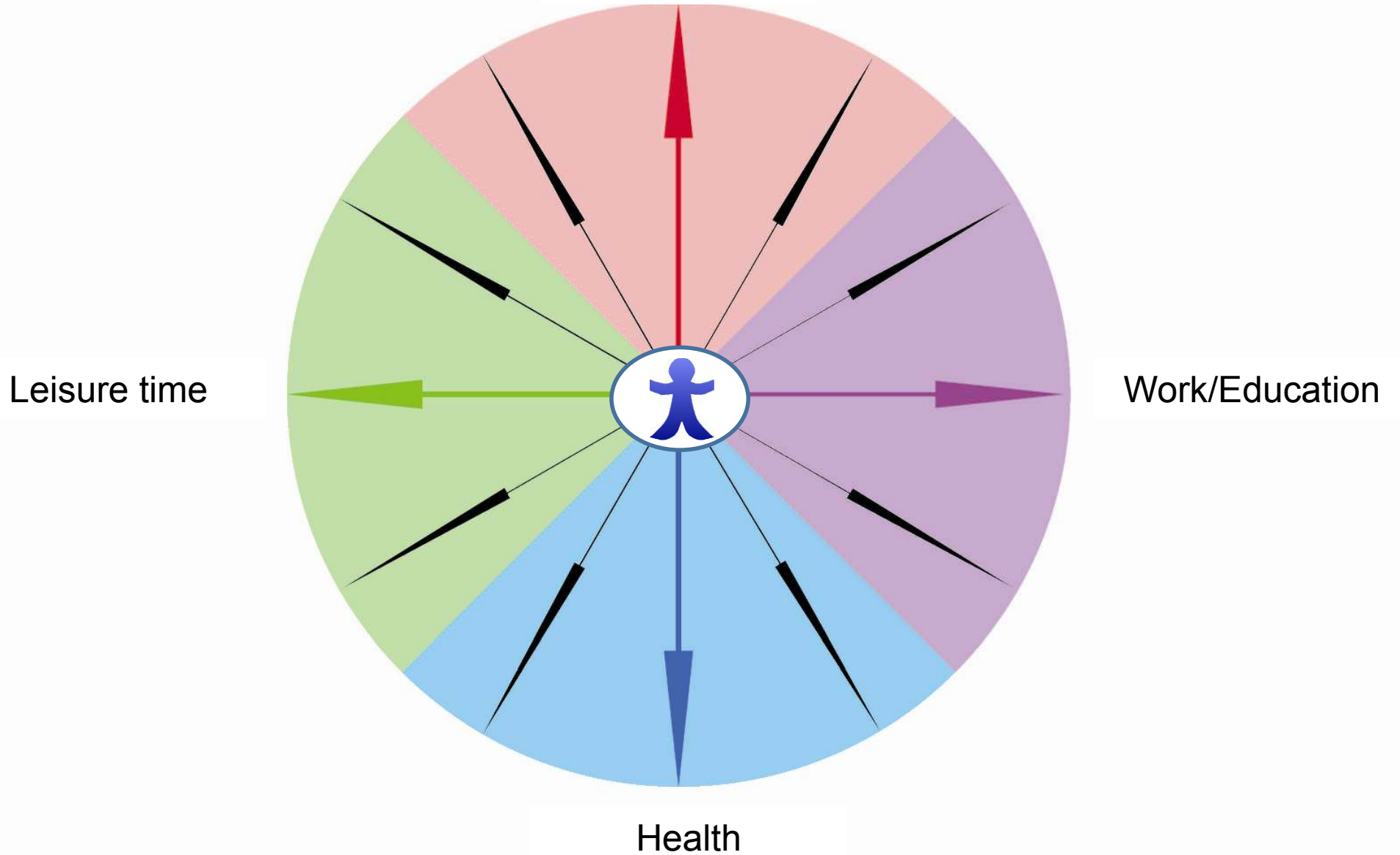
# The Life Compass

Relationships



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# The Life Compass

**RELATIONSHIPS**  
Close relationships

**WORK/EDUCATION**  
Work

Family relationships

Education

Friends/Social life

Leisure time  
**LEISURE TIME**  
Leisure activities

Work/Education

Own time, spirituality

**HEALTH**  
Food

Engagement with society

Sleep

Health

Exercise

