



PSYCHOLOGICAL FLEXIBILITY 101

Psychological flexibility can be defined in many ways, but one of the simplest is as a set of skills that help you to stay present, open up to your experiences, and take action guided by your values—even when things get hard.



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**ALL OF US HUMANS
GET CAUGHT UP IN
OUR THOUGHTS
AND FEELINGS...**

**HOW WE RESPOND
TO OUR EXPERIENCES
IS WHAT PSYCHOLOGICAL
FLEXIBILITY IS ALL ABOUT.**



PSYCHOLOGICAL FLEXIBILITY SKILL #1

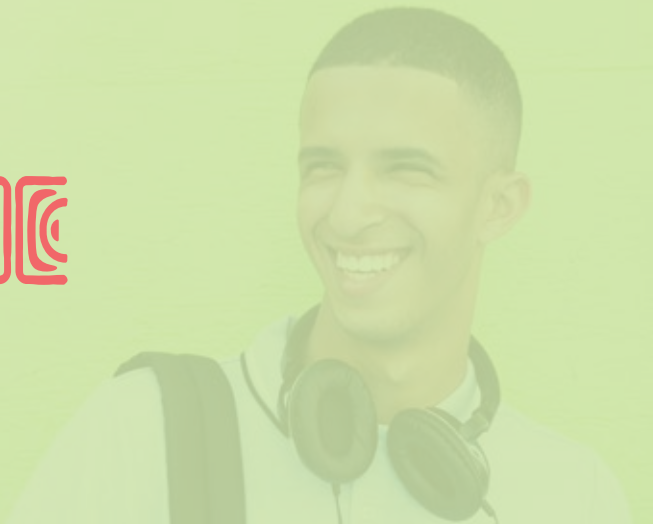
Noticing

Noticing helps you step out of autopilot and become more aware of what's going on inside and around you. When you learn to notice thoughts, emotions, and sensations without getting swept away, you gain the ability to respond and not just react.

SUGGESTED
PLAYLIST →



1. Play a piece of music (suggestion from playlist: "Sidereal") and listen closely.
2. Pretend you're a lighthouse and just observe what shows up inside you.
3. Silently name what you notice: "Here's anxiety," "I'm noticing tension."
4. Let it be there without trying to change it.
5. Jot down anything that came up: thoughts, sensations, emotions, memories, or insights.



PSYCHOLOGICAL FLEXIBILITY SKILL #2

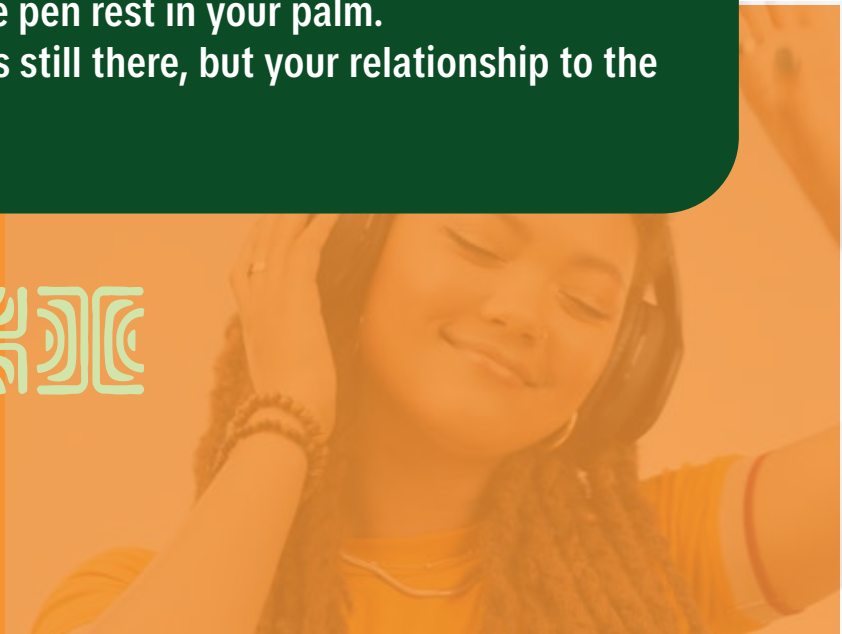
Opening Up

Opening up means making space for uncomfortable thoughts or feelings, instead of fighting them. It helps you stop wasting energy on avoidance and frees you up to stay connected to what matters—even when stuff gets hard.

SUGGESTED
PLAYLIST →



1. Play a piece of music (suggestion from playlist: “What It Means to be Alive”).
2. Think of a painful thought or feeling that’s been bothering you.
3. Grab a pen or small object and squeeze it tightly in your fist.
4. As you hold it, imagine this is you holding on to that painful thought, gripping it, wrestling with it, trying to control it.
5. Now, slowly open your hand. Let the pen rest in your palm.
6. Notice the difference: the thought is still there, but your relationship to the struggle has changed.



PSYCHOLOGICAL FLEXIBILITY SKILL #3

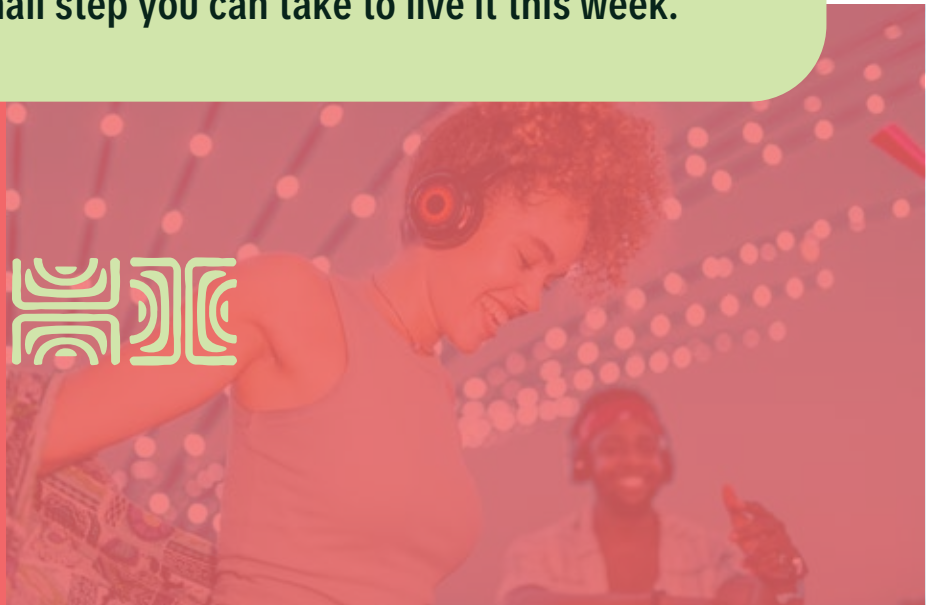
Choosing your Values

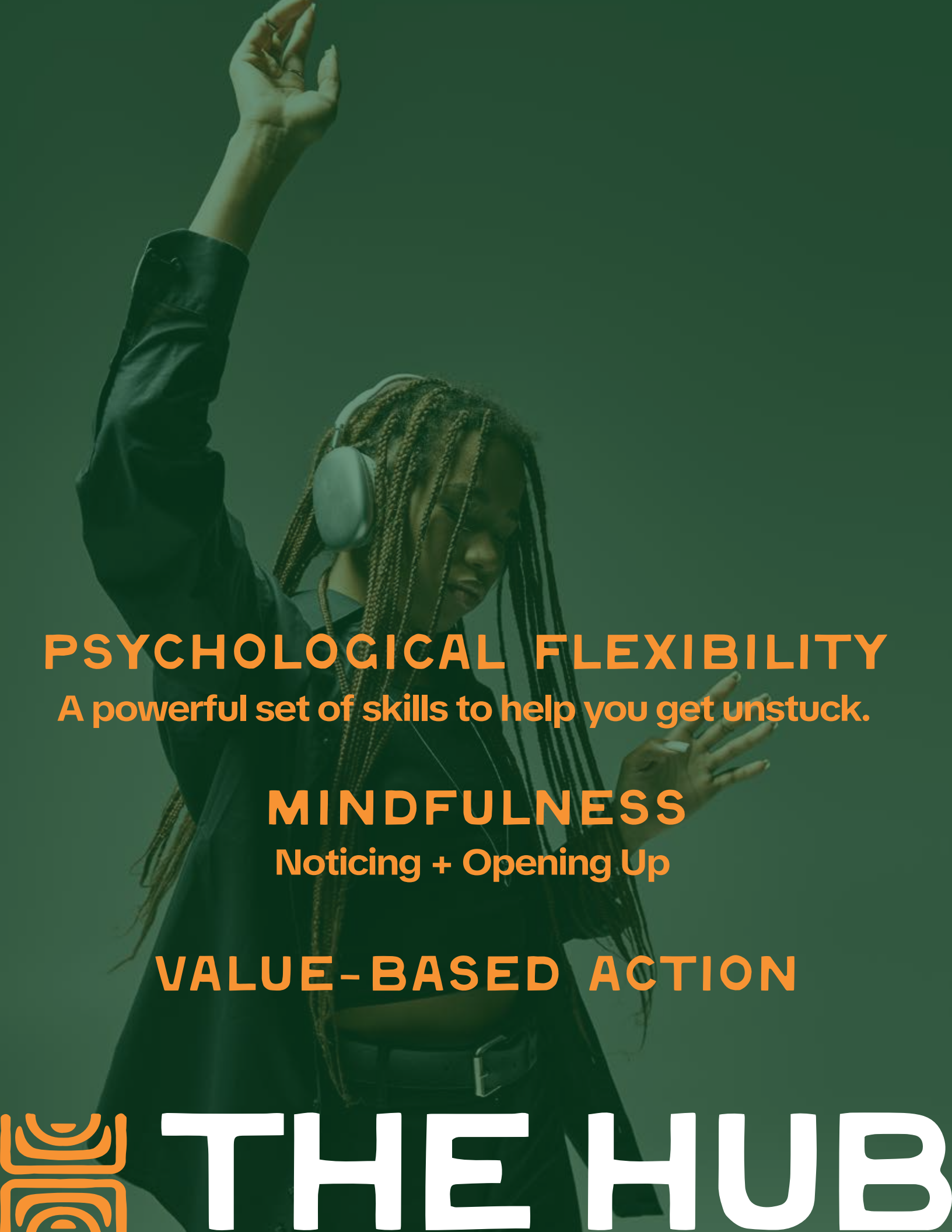
Values are the qualities of action that matter most to you and how you want to show up in the world. They're not goals to achieve; they're chosen directions to move toward. When you take small steps guided by your values, you create positive change.

SUGGESTED PLAYLIST →



1. Play a piece of music (suggestion from playlist: "Seeker") that feels emotionally resonant.
2. Bring to mind someone or something deeply important to you.
3. Let a memory rise - a moment that felt meaningful, present, or connected.
4. Ask: "What matters to me in this memory? What does it say about who I want to be?"
5. Write down one value and a small step you can take to live it this week.





PSYCHOLOGICAL FLEXIBILITY

A powerful set of skills to help you get unstuck.

MINDFULNESS

Noticing + Opening Up

VALUE-BASED ACTION



THE HUB



QUESTIONS?

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