

Well-being this Week

FOR EDUCATORS • BY EDUCATORS

Are you living your values?

by Lisa Sanetti, PhD

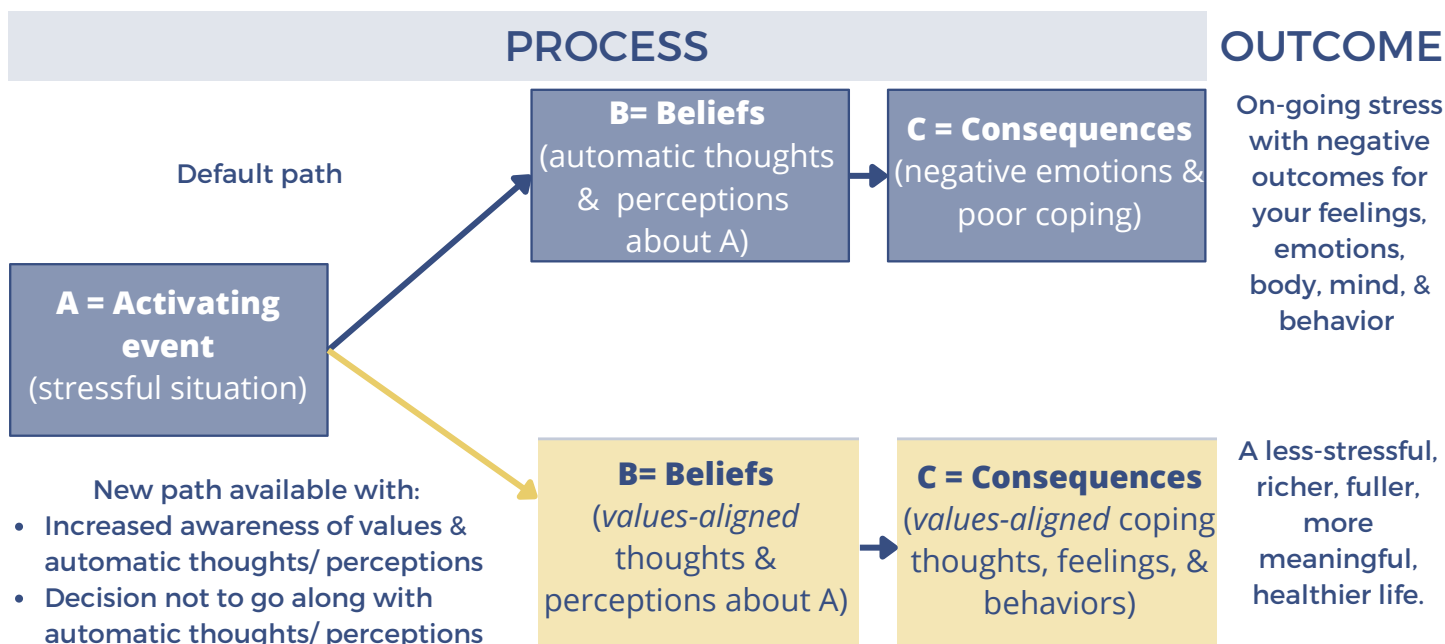
The last three editions included opportunities to (1) understand what your stressors are (i.e., activating events) and (2) identify your thoughts and perceptions related to your stressors (i.e., beliefs), and (c) identify your pattern of negative emotions after stressors.



A FEW REMINDERS:

- Everyone experiences stress.
- Stress is not all bad; it helps us do our best in life.
- Some stressors are inevitable part of life.
- Some stressors are positive (e.g., birth of a new child)

Given these realities, the goal is not to eliminate stress (not good for us). The goal is not to eliminate all stressors (impossible). **The goal is to become more aware of your stressors** (they are different for everyone), **and consciously choose to purposefully respond** (not automatically react) **in alignment with your values, resulting in a less stressful, richer, fuller, more meaningful life.**



Steps to moving toward a less-stressful, richer, fuller, more meaningful, healthier life

✓ STEP 1: Identify stressors

✓ STEP 2: Identify automatic thoughts & beliefs



If you haven't done these yet, go to Well-being this Week 1.3 & 1.4

○ STEP 3: Identify & clarify values across contexts

First, consider the following prompts:

- What really matters to you, deep in your heart?
- What do you want to do with your time on this planet?
- What sort of person do you want to be?
- What personal strengths or qualities do you want to develop?

Second, consider the above prompts within the contexts below.

Jot down notes in the quadrants, if you'd like.

Work/Education:

includes workplace, career, education, skills/development, etc.

Leisure:

includes how you play, relax, stimulate, or enjoy yourself, activities for rest, recreation, fun, and creativity.

Personal Growth/Health:

may include religion/spirituality, creativity, meditation, nature, exercise, nutrition, yoga, or addressing health issues like smoking, alcohol, drugs, overeating, etc.

Relationships:

includes your partner, children, parents, relatives, friends, co-workers, & other social contracts.

Clarify Your Values

Below are some common values. They are not "the right ones"; merely common ones. Please read through the list and write a letter next to each value based on how important it is to you.

V=very important Q = quite important N=not important

- | | |
|--------------------------------------|-------------------------------|
| _____ Acceptance / self-acceptance | _____ Industry |
| _____ Adventure | _____ Intimacy |
| _____ Assertiveness | _____ Kindness |
| _____ Authenticity | _____ Love |
| _____ Caring / Self-care | _____ Mindfulness |
| _____ Compassion / Self-compassion | _____ Order |
| _____ Connection | _____ Persistence |
| _____ Contribution & generosity | _____ Respect / self-respect |
| _____ Cooperation | _____ Responsibility |
| _____ Courage | _____ Safety and protection |
| _____ Creativity | _____ Sensuality and pleasure |
| _____ Curiosity | _____ Sexuality |
| _____ Encouragement | _____ Skillfulness |
| _____ Excitement | _____ Supportiveness |
| _____ Fairness and justice | _____ Trust |
| _____ Fitness | _____ Other: _____ |
| _____ Flexibility | _____ Other: _____ |
| _____ Freedom | _____ Other: _____ |
| _____ Friendliness | _____ Other: _____ |
| _____ Forgiveness / self-forgiveness | _____ Other: _____ |
| _____ Fun and humor | _____ Other: _____ |
| _____ Gratitude | _____ Other: _____ |
| _____ Honesty | _____ Other: _____ |

Use this space to put your values in your own words.

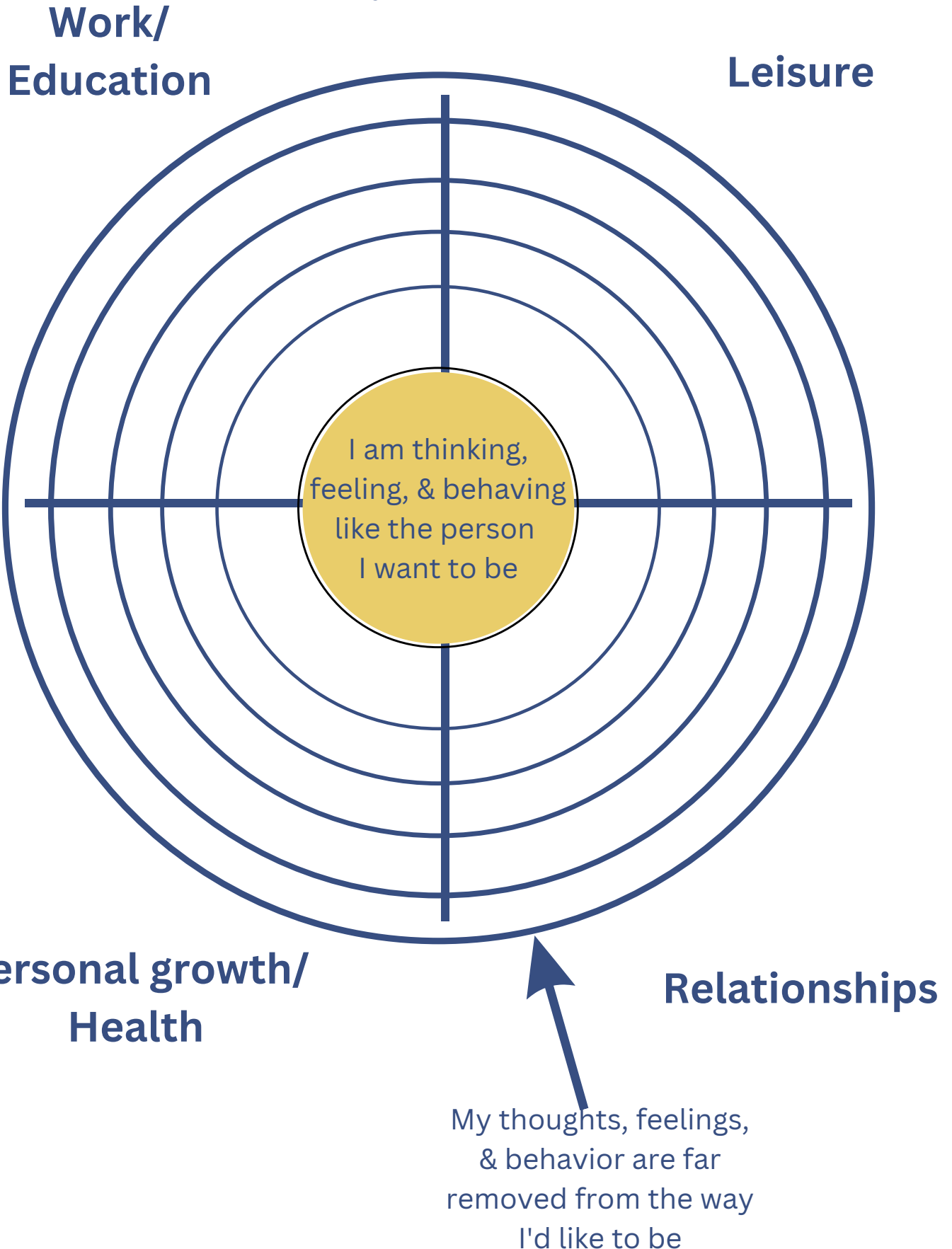
Examples: I value taking care of my health. I value assuming the best of people.

Bull's Eye Worksheet

Make an X in each area of the dart board, to represent where you stand today regarding living your values across these contexts.

After doing so, reflect on what areas you'd like to improve.

How are they related to stressors?



Other Reflections

The lists above are just examples of common values and contexts. Have other values or contexts to consider? List them here:

Well-being this Week Take-Aways



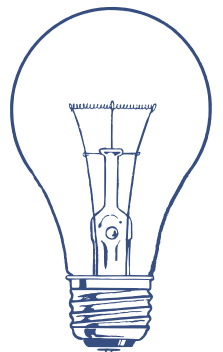
You can't stop stressors, but you can control how you think, feel, and behave in response to them.



By being aware of the activating events, you can learn to pause and respond in ways that are aligned with your values.



Responding in a values-aligned manner will result in your feeling less-stressed and more fulfilled!



Well-being work isn't selfish. It's necessary.