

BACK TO VALUES

IMPORTANCE/ROLE OF VALUES

Foundation of life, influence decision making, guide choices, can keep us safe
Parents values/childhood values vs Independent Values

TYPES OF VALUES

- Professional and Education Values:
Includes workplace, career, education, skills development
- Relationships:
Includes your partner, children, parents, relatives, friends, co-workers, other social contacts
- Personal Growth/Health:
May include religion, spirituality, creativity, life skills, meditation, yoga, nature, exercise/fitness, nutrition, addressing health/risk factors (smoking, alcohol, overeating, etc...)
- Leisure/Fun:
How we play, relax, stimulate, or enjoy ourselves, activities for rest, recreation, fun, and creativity

<https://www.youtube.com/watch?v=T-IRbuy4XtA>

GOALS AND STRESS

Only Setting Goals can Increase Our Stress. Why? - We set too many goals, We set other people's goals, We engage in the compare game, We don't appreciate failure

WHAT IS ACT?

"The Aim of ACT is to help pus create a rich, full and meaningful life, while accepting the pain that life inevitably brings." (Harris, Russ., ACT Made Simple). It is about taking values guided mindful action.

- Psychological Skills to handle painful thoughts and feelings
- Mindfulness Skills
- Clarifying what's truly important and meaningful to us

Components: Be Present (Contact with Present Moment, Self as Context), Open Up (Cognitive Defusion, Acceptance), Be Engaged/Do What Matters (Values, Committed Action)

What is Mindfulness? - Paying attention in a particular way, on purpose, in the present moment, and non-judgmentally." (John Kabot Zin)

How is Mindfulness Helpful? - Allows us to become more in tune with and aware of the present moment in our bodies and the environment around us. Slows our nervous systems down, helps our immune system, improves concentration, reduce ruminative thinking, reduce stress, reduce anxiety/depression