

Tell us what you think!



ACTING ON VALUES STRATEGY POSTCARD

Check out the evidence!

WHAT IS ACTING ON VALUES?⁵

Acting on values can be defined as:

Engaging in activities that give our lives *meaning* that are based on what we truly value.



For instance, if someone loves animals and cares for their wellbeing, volunteering at an animal shelter would be an activity that aligns with their values.

This is important – our values should not be based on what others expect of us or what we think we should be doing.

For instance, pursuing a certain degree in university because of our family's preference.

It may be helpful to think of values as our compass or reference guide for who we are and what we would like to achieve in life.

RESEARCH EVIDENCE FOR EFFECTIVENESS¹⁻⁴

Engaging in activities that align with our values **increases**:

Motivation Ability to cope with stress Wellbeing

Engaging in activities that align with our values **decreases**:

Anxiety Depression

HOW CAN WE ACT ON OUR VALUES?⁶

Step 1: Define your values

A good way to define our values is to **observe** and **reflect** on what really matters to us.

Try out this exercise!

It involves writing down your values, the origin of those values, and reflecting about whether they are true to you (see example below).

Step 2: Incorporate these values into your life

When we have a sense of the values that are true to us, we can **begin to assess whether our goals align with those values** and can adjust our activities based on these.

Based on the example in **step 1**, if you find that academic success is not a true value of yours, but fame and/or social status is, **try to seek activities and a program that may be related to these.**

Value	Origin	Is it true to me?
Kindness	Grandparents and Parents	Yes
Academic success	Parents	No
Fame and/or social status	Unknown	Yes

WHEN TO PRACTICE ACTING ON VALUES?

Acting on your values can be embedded in day to day actions. For instance, if you value self-care but you don't engage in any related activities in your routine, you might want to start engaging with them in simple ways.



View the Self-care resource

for more information



TIPS FOR PRACTICE

It is also important to be realistic!



Of course we can't simply take lots of time off work to dedicate more time to a new hobby just because it aligns with our values.



However, we can still take a moment to re-evaluate the structure of our day to day lives and align our actions with our values to promote more meaningful experiences.

CONTACT INFORMATION

