

ACTING ON VALUES



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 EFFECTIVENESS 1-4

Engaging in activities that align with our values increases:



Anxiety Depression



Ability to cope with stress

Wellbeing

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.

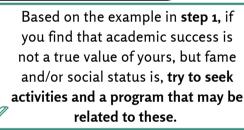


It involves writing down your values, the origin of those values, and reflecting about whether they are true to you (see example below).

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

Step 2: Incorporate these values into your life

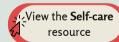
When we have a sense of the values that are true to us, we can begin to assess whether our goals align with those values and can adjust our activities based on these.



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.





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 reevaluate the structure of our day to day lives and align our actions with our values to promote more meaningful experiences.

CONTACT INFORMATION





View the reference list for this infographic

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