

Navigating Your Internal and External Barriers to Living Your Values

Sarah Fischer, PhD

UNMC Wellness team: Director of Wellness Education and Research

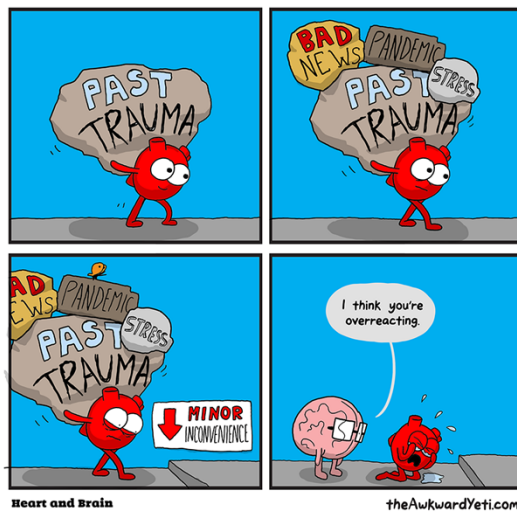


1

Objectives

1. Identify personal and environmental barriers to living in alignment with one's values.
2. Discuss how to apply acceptance and commitment therapy (ACT) strategies to support values-based living.

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What makes life hard?

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Common Stressors

Moving or housing instability

Changes in occupational status

Relationship problems/tense relationships

Birth of a child

Loss of a loved one

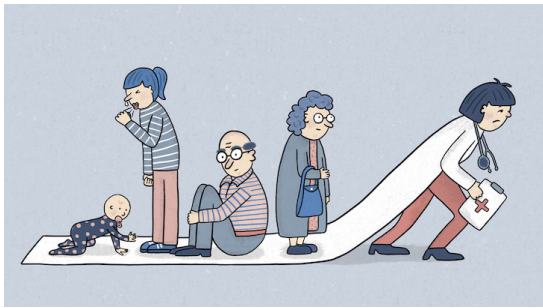
Lack of meaningful/structured activity

Financial difficulties

Effects of past trauma

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Added Difficulties for Healthcare: Burnout



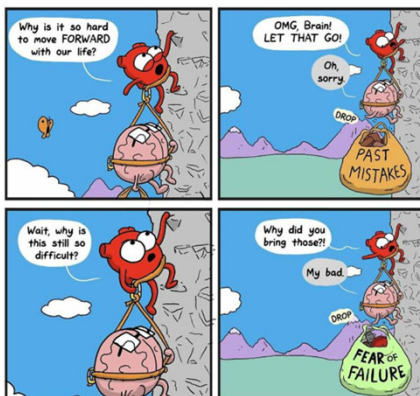
1. Emotional Exhaustion: "Amongst physicians, emotional exhaustion includes feeling "used up" at the end of a workday and having nothing left to offer patients from an emotional standpoint."
2. Depersonalization: "includes feelings of treating patients as objects rather than human beings and becoming more callous towards patients."
3. A sense of reduced personal accomplishment: "encompasses feelings of ineffectiveness in helping patients with their problems and a lack of value of the results of work-related activities such as patient care or professional achievements."

(West et. al., 2018 based on Shanafelt's body of work)

5

5

Dropping the Struggle



- When we struggle against our difficult thoughts and feelings, by pushing them away or ruminating on them:
 - It distracts us
 - It makes it difficult to engage in anything
 - It makes it difficult for us to connect with others
 - It makes us more miserable!
- ACT is about dropping the struggle and interacting with thoughts and feelings differently.

6

REAL SELF-CARE
A TRANSFORMATIVE PROGRAM FOR REDEFINING WELLNESS
(CRYSTALS, CLEANSSES, AND BUBBLE BATHS NOT INCLUDED)
POOJA LAKSHMIN, MD

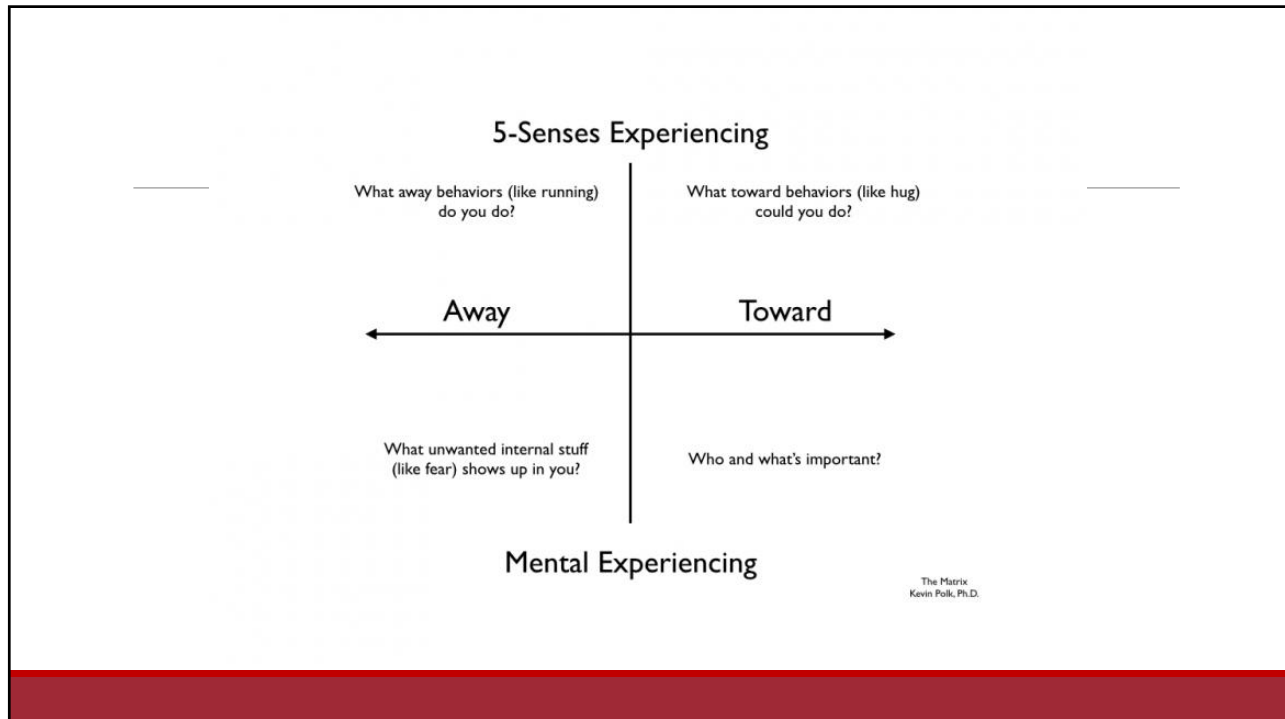
An Easy-to-Read Primer on Acceptance and Commitment Therapy
ACT made simple
SECOND EDITION
MORE THAN 100,000 COPIES SOLD
RUSS HARRIS
Foreword by STEVEN C. HAYES, PhD

OVER ONE MILLION COPIES SOLD
The HAPPINESS TRAP
Second Edition Over 50 new stories!
How to Stop Struggling and Start Living
A guide to ACT: the mindfulness-based program for reducing stress and anxiety, overcoming depression, developing self-compassion, and creating a rich and meaningful life
RUSS HARRIS

DBT Skills Training Manual
SECOND EDITION
Marsha M. Linehan

Acceptance and Commitment Therapy

7

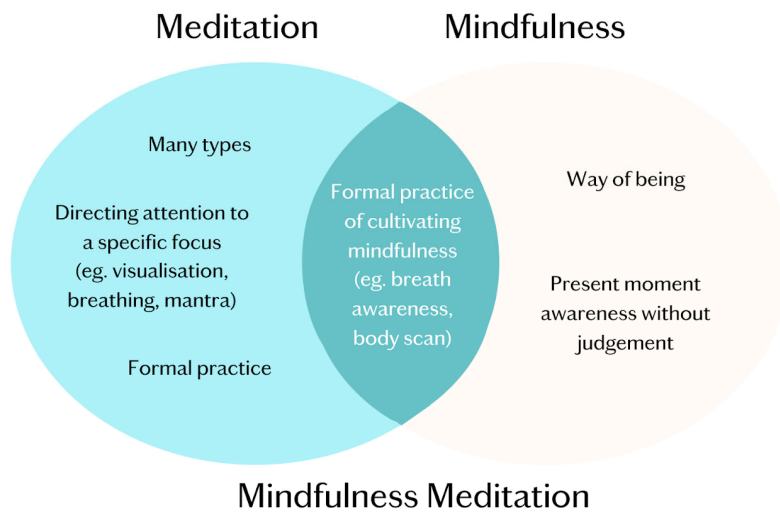


8

Living in the Moment



9



“paying attention in a particular way, on purpose, in the present moment, and nonjudgmentally”
– Jon Kabat-Zinn

10

Mindfulness “What” Skills

Observe

- Body sensations
- Control attention

Describe

- Don't interpret

Participate

- Throw yourself in
- Go with the flow



11

Mindfulness “How” Skills

Nonjudgmentally

- See, but don't evaluate
- Accept

One-mindfully

- One thing at a time
- Manage distractions

Effectively

- Be mindful of your goals
- Do what's best for the situation



12

Stay Calm ♥ Stay Safe ♥ Stay!

5 sense experiencing

- 5 sight
- 4 sound
- 3 touch
- 2 smell
- 1 taste

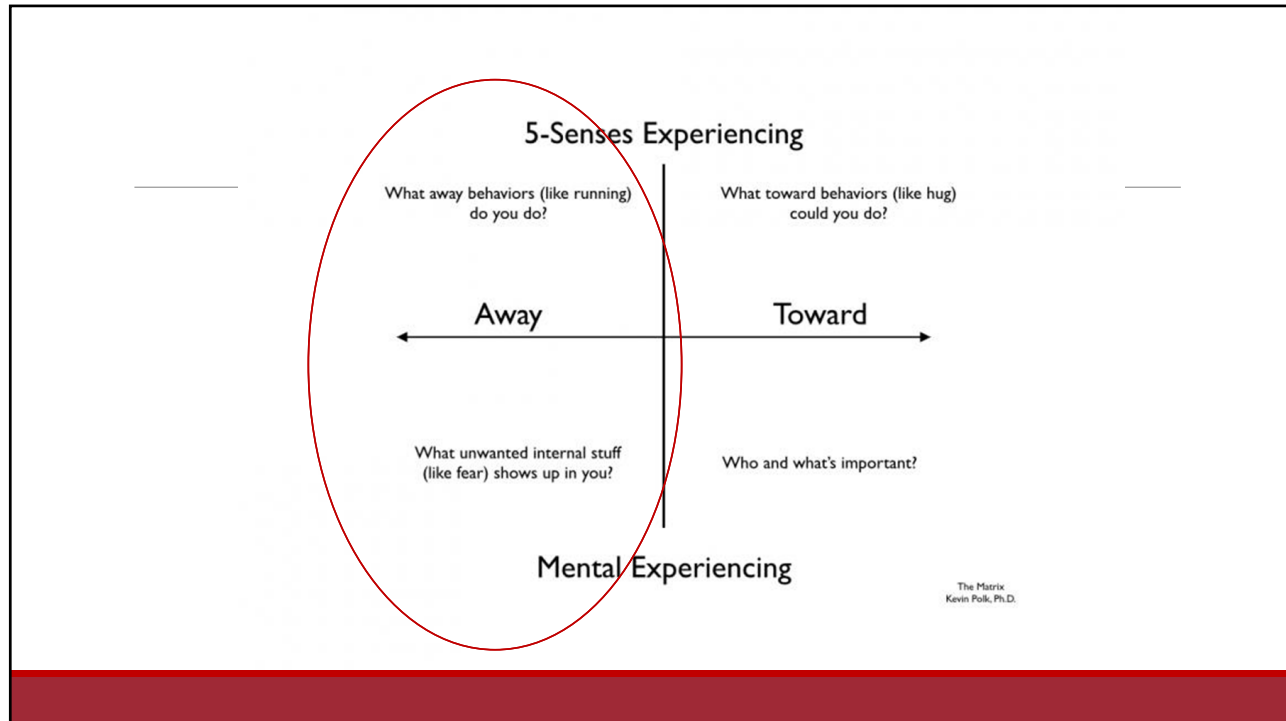
Free printable to help children regulate their emotions

13

Dropping Anchor

Acknowledge	Acknowledge your thoughts and feelings
Connect	Connect with your body
Engage in	Engage in what you're doing

14



15



16

The comic strip consists of six panels. In the first panel, a brain character with glasses carries a large green rock labeled 'ANXIETY ABOUT THE PAST'. In the second panel, it carries a large purple rock labeled 'ANXIETY ABOUT THE FUTURE'. In the third panel, it carries a large tan rock labeled 'ANXIETY ABOUT ANXIETY'. In the fourth panel, a red character says, 'I found a TV show to binge watch!'. In the fifth panel, the brain character looks at a butterfly. In the sixth panel, the red character says, 'Show me.'

DOTS – Mechanisms of Avoidance

- **Distraction**
- **Opting Out**
- **Thinking Strategies**
 - Worrying
 - Dwelling on the past
 - What ifs
 - Blaming
 - Suicidal Ideation
 - Intellectualizing
 - Analyzing
 - Self-criticism
- **Substances**

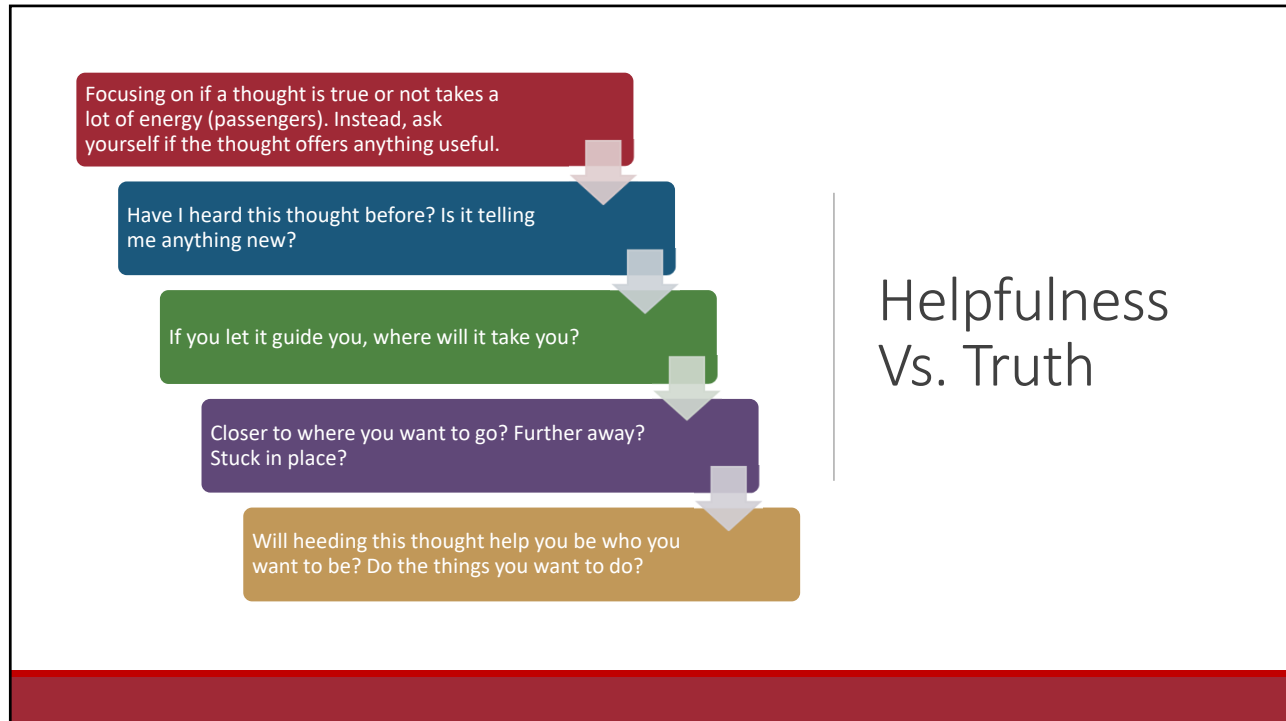
17

Thinking Strategies

We often wonder
if our thoughts are
TRUE or
ACCURATE

Equally important
is whether the
thought is helpful
or meaningful

18



19

Cognitive Defusion

- A core skill in ACT is to learn how to de-fuse from our thoughts
- We are NOT our thoughts
- Thoughts are just thoughts!
- Thoughts are not inherently truthful, helpful, or worth our entire sustained focus
- We can learn how to exist with our thoughts while having some distance from them

Heart and Brain

@theAwkwardYeti

20

Defusion Techniques

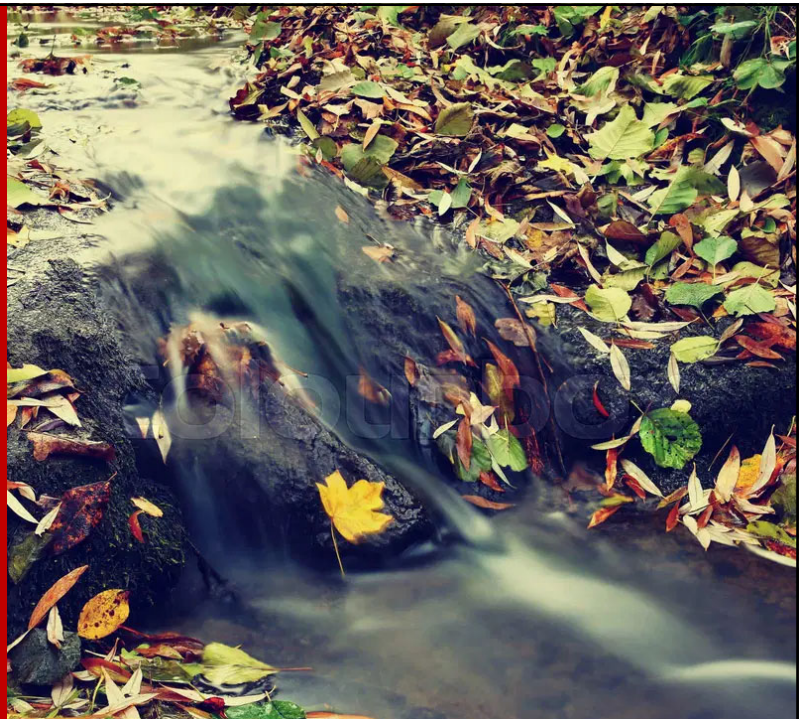
Defusion Techniques	
<p>☁ Put Your Thoughts on Clouds</p> <p>Imagine placing your thoughts on clouds high in the sky. Watch as the clouds slowly drift away. Remind yourself that thoughts—just like clouds—have no actual substance as they come and go.</p>	<p>🗣 Use a Silly Voice</p> <p>Write down your upsetting thought, then read it out loud 10 times in a silly voice. Try impersonating a cartoon character or a favorite actor. The more ridiculous, the better!</p>
<p>📁 File Your Thoughts Away</p> <p>Visualize folders with labels for types of thinking, such as <i>predicting, regretting, comparing, doubting</i>, and so on. Bring attention to your thoughts and file them into the corresponding folders.</p>	<p>🗣 Name the Story</p> <p>Think of repetitive thoughts as familiar stories. Pay attention to how often they recur. You might spot the <i>I'm-a-failure</i> story, the <i>no-one-likes-me</i> story, or the <i>my-life-is-horrible</i> story. You get the idea!</p>
<p>🖱 Click the "X" Button</p> <p>Thoughts can crowd your mind like dozens of browser windows on your computer. Imagine closing the windows by clicking the "X" on each of them. Watch as thoughts disappear, one by one!</p>	<p>🎬 Screen Your Thoughts</p> <p>Imagine your thoughts projected onto a large movie screen. Sit in the back row and watch the scenes unfold. Can you just observe the movie without getting lost in it?</p>
<p>🗣 Say "I'm Having the Thought That..."</p> <p>When you have an upsetting thought, put the phrase "I'm having the thought that..." in front of it. This creates distance between you and the thought, loosening its grip on you.</p>	<p>👁 Zoom Out</p> <p>When you're fused with a thought, picture yourself rising high above the earth. Notice how tiny your worries look from space. Does your triggering thought feel as significant from this distance?</p>

Provided by TherapistAid.com

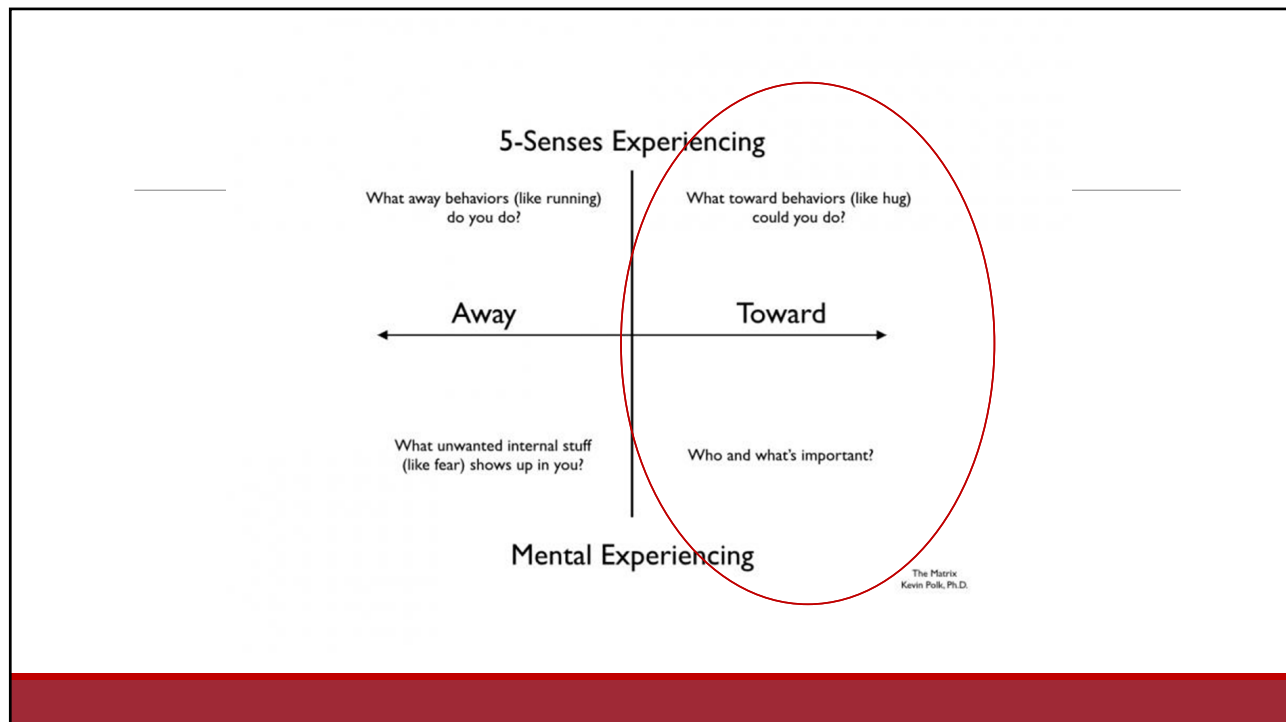
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21

Leaves on a Stream




22



23

Follow your values



Values are what truly matters to you.

- What do you want to stand for?
- What do you want to do with your life?
- What is your part in the big picture?
- You can think of values as your compass, giving you a direction to head, but not a destination.

Goals are what you do, **values** are who you are.

24



List of VALUES

Accountability	Ethics	Kindness	Self-respect
Achievement	Excellence	Knowledge	Serenity
Adaptability	Fairness	Leadership	Service
Adventure	Faith	Learning	Simplicity
Altruism	Family	Legacy	Spirituality
Ambition	Financial stability	Leisure	Sportsmanship
Authenticity	Forgiveness	Love	Stewardship
Balance	Freedom	Loyalty	Success
Beauty	Friendship	Making a difference	Teamwork
Being the best	Fun	Nature	Thrift
Belonging	Future generations	Openness	Time
Career	Generosity	Optimism	Tradition
Caring	Giving back	Order	Travel
Collaboration	Grace	Parenting	Truth
Commitment	Gratitude	Patience	Understanding
Community	Growth	Patriotism	Uniqueness
Compassion	Harmony	Peace	Usefulness
Competence	Health	Perseverance	Vision
Confidence	Home	Personal fulfillment	Vulnerability
Connection	Honesty	Power	Wealth
Contentment	Hope	Pride	Well-being
Contribution	Humility	Recognition	Wholeheartedness
Cooperation	Humor	Reliability	Wisdom
Courage	Inclusion	Resourcefulness	
Creativity	Independence	Respect	Write your own:
Curiosity	Initiative	Responsibility	_____
Dignity	Integrity	Risk-taking	_____
Diversity	Intuition	Safety	_____
Environment	Job security	Security	_____
Efficiency	Joy	Self-discipline	_____
Equality	Justice	Self-expression	_____

Examples of Values – Brené Brown

25

Values Exercise

Sort the cards into two piles:
One with the values that fit you well and one with the values that don't fit you well.

Discard Pile

faith

cooperation

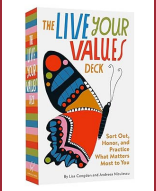
placing importance on working together to achieve results; go along with a role

48 to go

Keep Pile

friendship helping others

Values Card Sort



26

Committed Values-Based Action

Committed Action is taking effective action, which is guided by our values.

Knowing your values is great, but you have to take committed action to live by your values.

Sometimes, this means we must do something that is unpleasant or difficult, but if it is in service of our values, it is a committed action.

27

THE BULL'S EYE: Read through your values, then make an X in each area of the dart board, to represent where you stand today. An X in the Bull's Eye (the centre of the board) means that you are living fully by your values in that area of life. An X far from Bull's Eye means that you are way off the mark in terms of living by your values.

Since there are four areas of valued living, you should mark **four Xs** on the dart board.

I am living fully by my values

I am acting very inconsistently with my values

Work/ Education

Leisure

Personal growth/ Health

Relationships

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Values-Based Action

- Live your life so that your insides (beliefs, values, priorities) match your outsides (behavior, activities, goals).
- Pay attention to what feels right to you – stay flexible as your values will change over time.
- Use tough situations and decisions as a way to reflect on, explore, and practice living your values.

28

Hurdles - FEAR



Fusion – what your mind tells you



Excessive goals – Perfectionism, goal is too big, resources aren't available, other goals need to be completed first



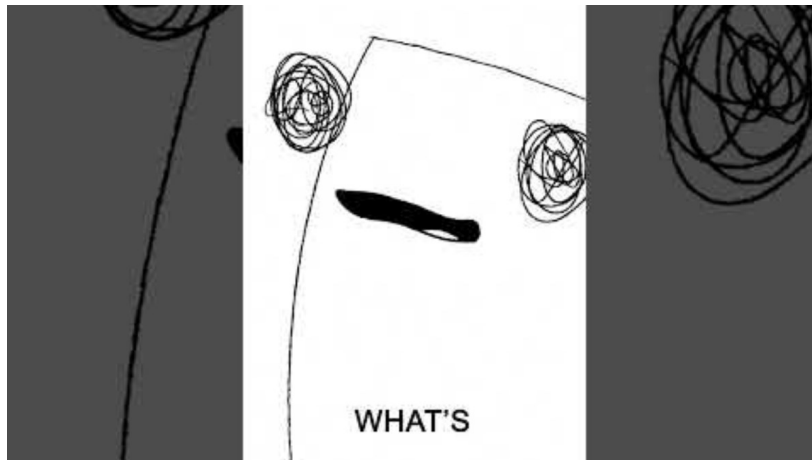
Avoidance of discomfort – Unwillingness to deal with the discomfort that comes with change, growth, and challenge



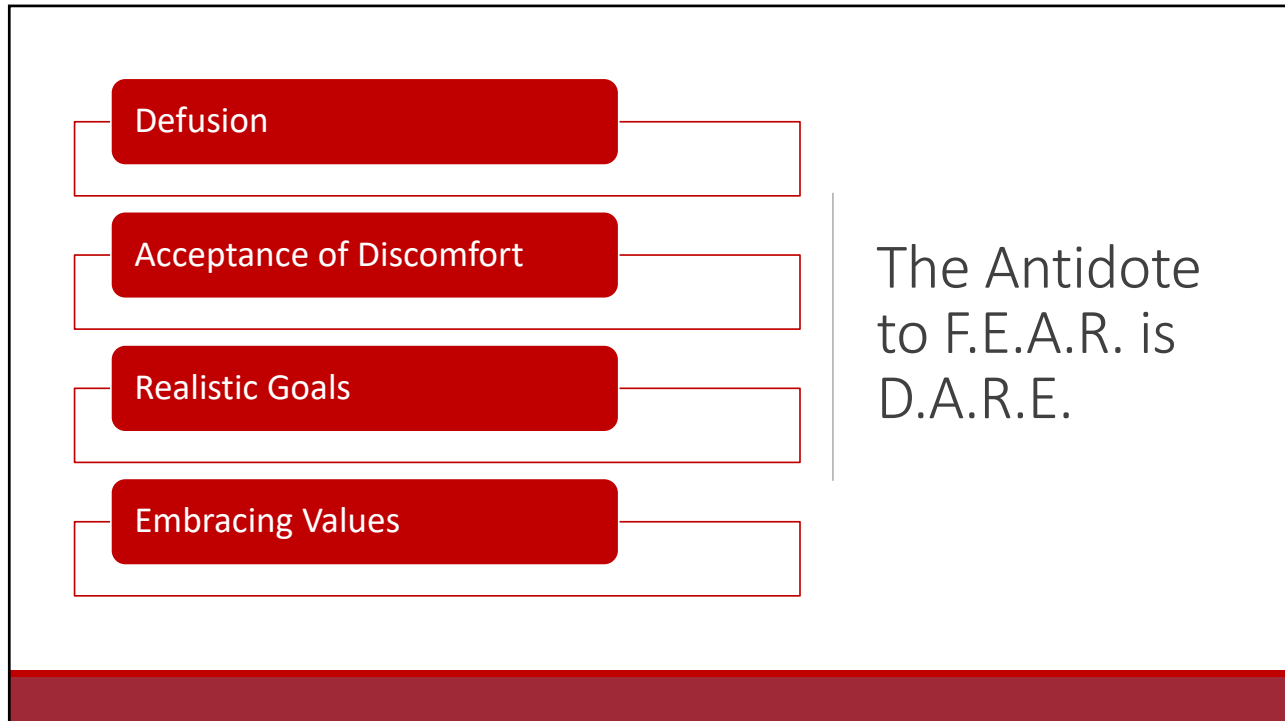
Remoteness from values – losing touch with what is important or meaningful about your goals

29

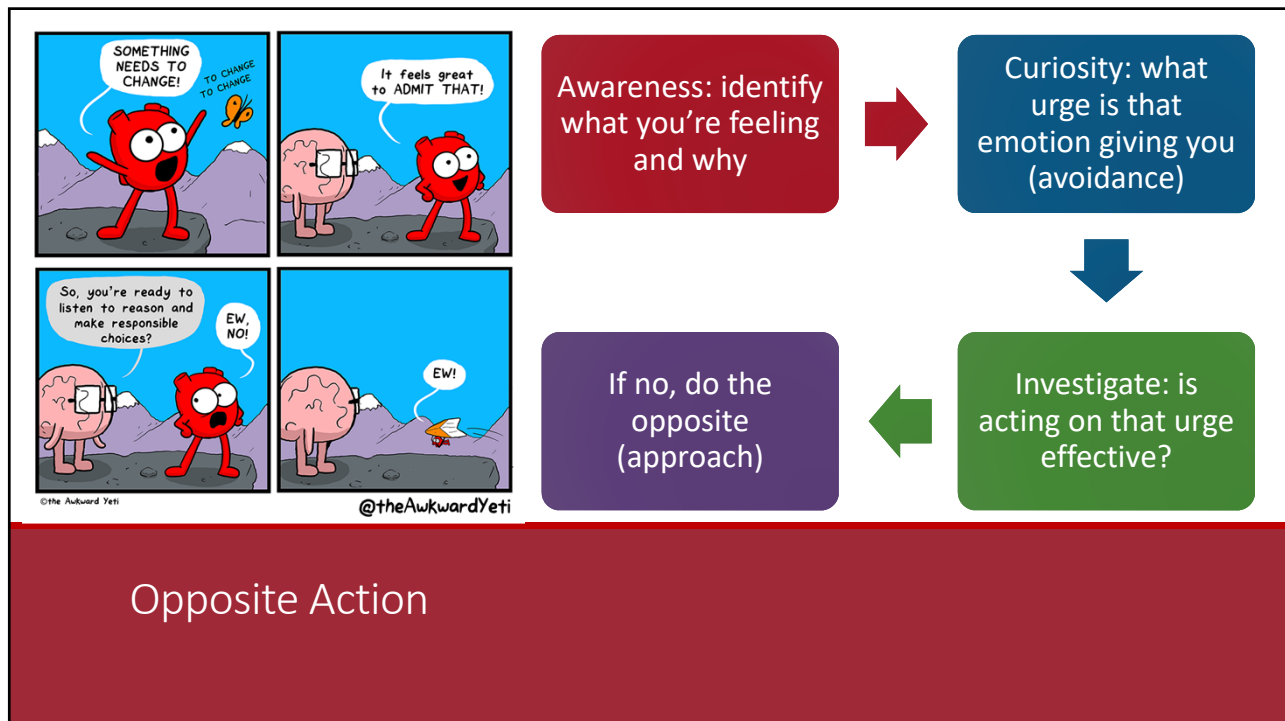
Avoidance – JavaDoodles and SportegaVO



30



31



32



Motivation

How people think motivation happens:

Motivation → “Great! Let’s do what I need to do!” → Action

How motivation actually happens:

“I don’t want to do this/this feels overwhelming” → Identify a reasonable first step that takes a short time → Complete first step → “I did it! That wasn’t so bad. Now I can do/plan the next step → Steady progress → Build confidence and motivation over time

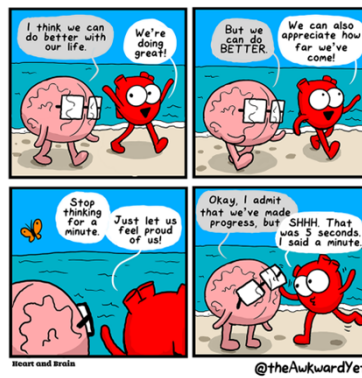
It’s ok to build in some extrinsic motivation!

33

WAYS TO PRACTICE Self-Compassion

- Notice what you're doing "right"
- Let go of expectations
- Ask for help when you need it
- Practice positive self-talk
- Practice mindfulness
- Focus on your strengths
- Set boundaries
- Remember to practice gratitude

@MINDFULENOUGH__



Self-Compassion

34

