

Adult Mental Health Services
Stabilisation Workbook 8

Valued activity: Learning to engage with what's important to us





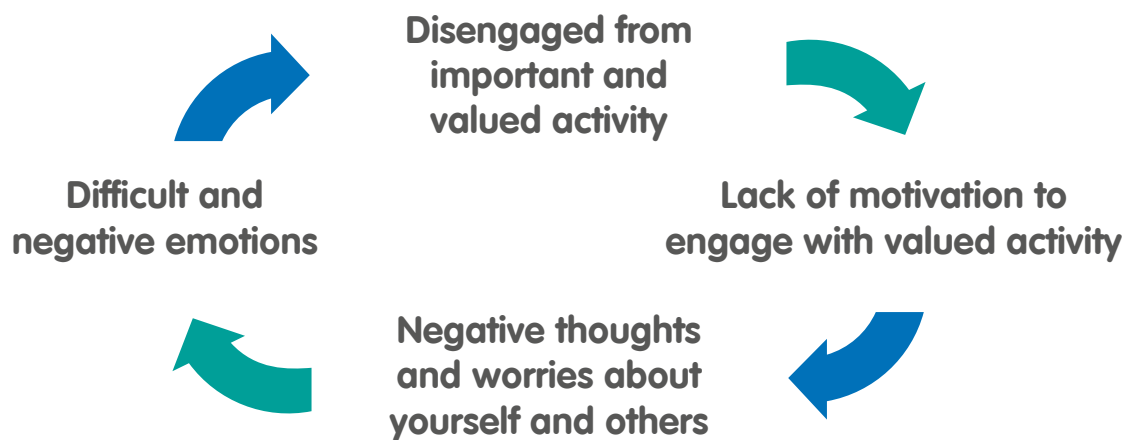
Introduction

Our values are the things that we care about deep down, that we find meaningful and are important to us in life. Everybody's values are different and they can change over time. They can be shaped by our experiences, the people around us, and the society and culture we are connected to. Our values influence how we want to engage with the world, the people around us and ourselves.

Values and emotional wellbeing

When we are going through more difficult periods and are experiencing high levels of distress, it can be very common to start to isolate from others and disengage from the parts of life that are important to us, give us joy, pleasure, a sense of achievement and positive self-esteem. Sometimes it may start to feel as if we have become so disconnected from the things that are important to us, it can be hard to remember what it is in life we value.

When we disconnect in this way, this in itself can make our feelings of distress worse, and we can easily fall into unhelpful cycles, like the one outlined below.



The less we connect with the things that are important to us, the easier it is to let them drift and forget about them. We may also start experiencing all sorts of difficult thoughts and worries about re-engaging with life, which can make change even harder. For example, worries about not being good enough, that we will fail, that we can't be bothered, that there is no point, or that others will judge or harm us. Thoughts and worries like this are all very understandable if we have had experiences in the past where we have been made to feel like this by others or the situation. However, they can keep us stuck and may need some challenging and re-evaluating to support us to move forward in our recovery.

This workbook is all about exploring and reconnecting with our values and re-engaging with the things in life that are important to us.

Exploring my values

The following are areas of life that people may value, and have been taken from Acceptance & Commitment Therapy (ACT). Have a look through and see what you think. You may find that some of the areas listed below are really important to you and that others don't matter so much.

Consider the following questions for each of the valued areas laid out below and overleaf:

- Is this area of life something that is important to me? Is it something that I value?
- What is it about this area of life that I value and hold important?
- How am I engaging with this area of life at present? It is in line with my values (the things that are important to me) about this area of life?
- Are there times in life when I have engaged with this area more closely in line with my values?
- How do I want to be engaging with this area of life differently?

Try and set yourself small goals and change ideas in relation to the areas of life you have identified as important to you below and overleaf.

Health and wellbeing:

Recreation, fun and leisure:

Friendships and social life:

Spirituality:

Career, employment, education, personal growth and development:

Family and family roles:

Intimate relationships:

Citizenship, environment and community:

Any other valued areas:

Planning engagement with valued activity

It can be helpful to plan how and when we will engage with valued activity in advance. Doing so increases the likelihood that we will follow through and achieve our goals. Use the template on the next page to make plans for how and when you will engage in valued activity over the next week. CNWL staff can print you out more blank copies of this handout for upcoming weeks, or you may prefer to create your own.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							



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Stabilisation Pack