



“He who has a why to live can bear almost any how.” - Friedrich Nietzsche

Research has shown that connecting to personal values can significantly enhance resilience when facing stress and adversity. Resilient school leaders, for instance, have emphasized the importance of privately clarifying, publicly articulating, and consciously acting on their core values as a source of strength in overcoming challenges (Patterson and Kelleher, 2005).

Further studies have supported this claim, demonstrating that affirmations of personal values can diminish perceptions of threat (Keough, 1998; Sherman & Cohen, 2002; Steele, 1988). By reaffirming one's values, individuals can reduce rumination after experiencing failure (Koole, Smeets, van Knippenberg, & Dijksterhuis, 1999) and lessen defensive responses to threatening information (Sherman, Nelson, & Steele, 2000).

The process of connecting to personal values provides individuals with a strong foundation and sense of purpose, enabling them to navigate difficulties with resilience and determination. By aligning their actions and decisions with their core values, individuals can find strength and meaning even in challenging circumstances.

Note- Often during stressful times, we focus is mostly on dealing with negative things. This exercise helps us to shift from a focus on what is wrong, to a focus on what makes life worth living.

Step #1 Describe the challenging life event

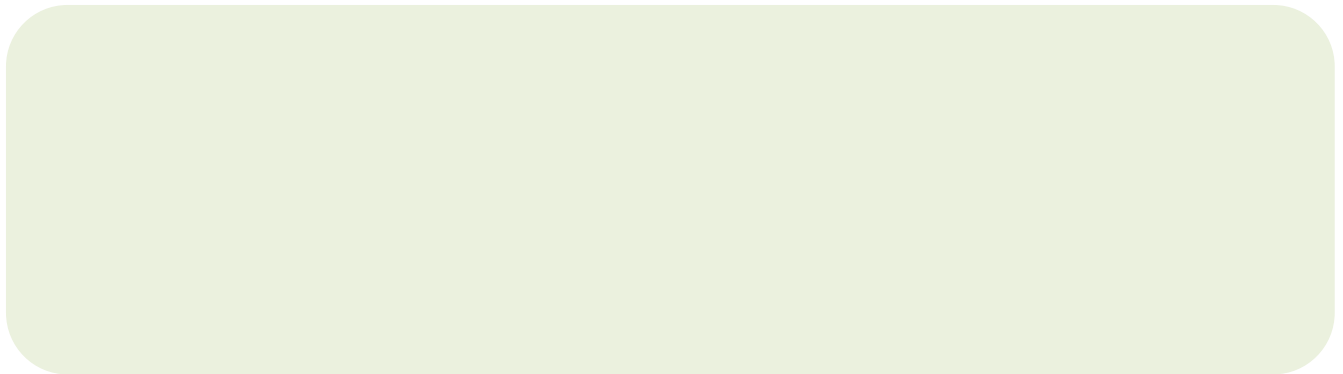
Take a moment to consider a challenging event that is currently taking place. For example, you may have recently lost your job. Briefly describe the stressful event below

Step #2 Identify reasons to get through the challenge

Consider why it is worth it to you to persevere and get through this challenging life situation. For example, getting through the challenge of losing a job and finding a new one may be worth it to you because you want to be there for your family, you want to be a role model for your son, and you want to contribute to the world. Come up with as many reasons as you can, and list them in the space below.

Step #3 Identify values

Your values are the things that you consider to be important in life, such as honesty, kindness, care, autonomy, helping others, and financial independence. With consideration to the reasons you listed in step 2, think of values that capture the essence of each of these reasons. For example, if you listed that you want to be there for your family, the value could be “caring”. Note, finding the perfect value for each reason is not so important; what matters is if the value makes sense to you personally. It should also be noted that there may be more than one value per reason. A list of common values is displayed in annexure. The values that make persevering through the challenge worth it to me

A large, empty, light green rounded rectangular box intended for the user to write down their identified values.

Step #4 Staying in touch with values

When stressful life events occur, it can be difficult to stay connected to our values. The stress that results from stressful events can absorb so much of our attention that we lose track of what is truly important to us. And yet, values can serve as a light in the darkness of stressful times, reminding us why is it worth fighting for something, to keep going and to take responsibility. This step involves creating a visual reminder of the values you specified in step 3. Using a blank piece of paper (either an individual sheet of paper or a page in a journal), represent your values visually in a way that you chose. You might like to use illustrations, photographs, or words (or a combination of these). You may also consider creating a digital representation of your values, for example by using PowerPoint. Allow yourself to be as creative as you like here, ensuring that however you choose to represent your values resonates with you personally. After you have completed your visual values reminder, you can put it somewhere where you can see it every day (e.g., on the refrigerator or office desk). In this way, it can help you to stay in touch with what makes your struggle worth going through

Annexure: -

List of basic Values

<ul style="list-style-type: none"> Honesty Integrity Wisdom Autonomy Loyalty Abundance Kindness Charity Respect Courage 	<ul style="list-style-type: none"> Generosity Gratitude Openness Accountability Compassion Success Self-love Spirituality Justice Forgiveness
<ul style="list-style-type: none"> Caring Faith Beauty Spirituality Wealth Beauty Acceptance Humor Intuition Prosperity 	<ul style="list-style-type: none"> Harmony Balance Joy/Fun Independence Efficiency Promise-keeping Fairness Sincerity Accuracy Goodness
<ul style="list-style-type: none"> Insightfulness Influence Decisiveness Knowledge Lawfulness Calmness Bliss Clarity Cleanliness Boldness 	<ul style="list-style-type: none"> Change Gracefulness Peacefulness Hope Honor Humility Optimism Bravery Friendliness Selflessness

Read more at: <https://www.scienceofpeople.com/core-values/>