



Wellbeing with Fatigue

Booklet for Participants

Session 6. Values and Goals

steps2wellbeing
Southampton & Dorset

Action Plan

- Home Practice review
- Values and Goals
- Adjusting Activities
- Home Practice

Questions?

Do you have any questions from last week's session?



Home Practice Review

How did your home practice go? Did you achieve your goals?

What did you learn from your home practice?



Values & Goals

Values

What are values?

Our values reflect what we care about most, what we regard as most important to us. Values drive us and guide our life choices. Choosing activities which reflect your values can be a great way of improving your mood and sense of purpose and fulfilment.

If we value something that is missing in our lives, life can seem meaningless or unfulfilled.

Values vs Goals

Values are different to **goals**. A goal can be achieved, whereas a value is more like a compass direction we want to aim towards.

<https://www.youtube.com/watch?v=T-IRbuy4XtA>

BUT we can set goals to help us live closer to our values.

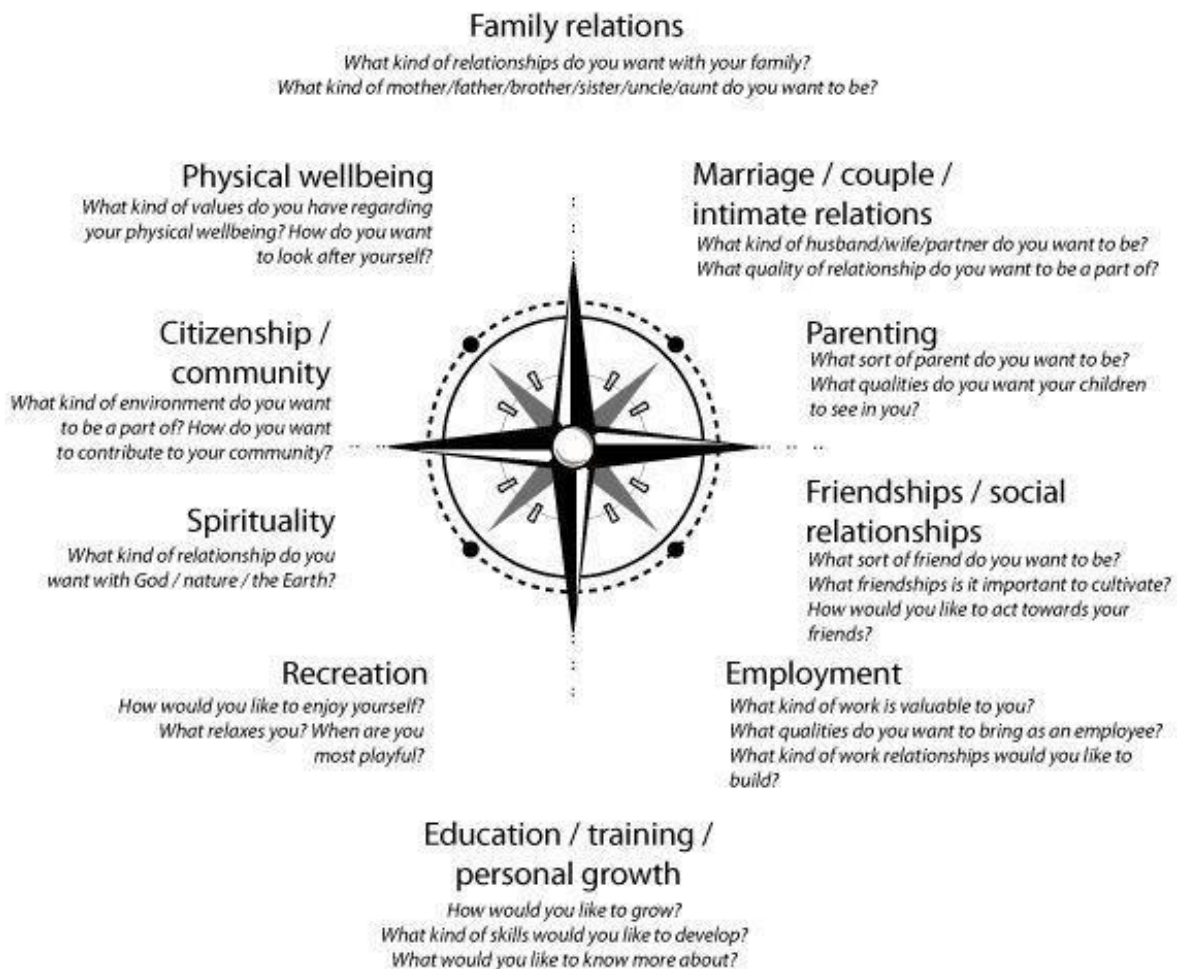


Values

Values are what we find meaningful in life. They are what you care about and consider to be important. Values are different for everybody, and they can change over time.

Values are different from goals. Put crudely, goals can be 'achieved' whereas values are more like compass directions that we want to head in. For example we might have the goal of getting our children to school on time, which sits within the value of 'being a good parent', or the goal of going for a jog while placing value upon exercise and physical health.

The domains below are valued by some people. Leaving aside any obstacles for the moment, think about what is important to you, and what you think makes for a meaningful life that you could value.



Adapted from: Wilson, Sandoz, Kitchens & Roberts (2010). The Valued Living Questionnaire: defining and measuring valued action within a behavioural framework. *The Psychological Record*, 60, 249-272.

- What are your top 5 values?
- Are you living towards them?
- Is your Life in Balance?

Below you can find areas of life that are valued by some people. This questionnaire will help clarify your own quality of life in these areas. Rate the importance of each area (by circling a number) on a scale of 1-10 (1 means that area is *not important*, 10 means that area is *very important*).

Not everyone will value all of these areas, or value all areas the same. Rate each area according to your own personal sense of importance.

Area	Not Important ← ----- → Very Important									
Family	1	2	3	4	5	6	7	8	9	10
Intimate Relationships	1	2	3	4	5	6	7	8	9	10
Parenting	1	2	3	4	5	6	7	8	9	10
Friends/Social Life	1	2	3	4	5	6	7	8	9	10
Work	1	2	3	4	5	6	7	8	9	10
Education/Training	1	2	3	4	5	6	7	8	9	10
Recreation/Fun	1	2	3	4	5	6	7	8	9	10
Spirituality	1	2	3	4	5	6	7	8	9	10
Citizenship	1	2	3	4	5	6	7	8	9	10
Health	1	2	3	4	5	6	7	8	9	10
Other	1	2	3	4	5	6	7	8	9	10

Time, Effort and Head Space

Now, give a rating to how much time, effort and head space you currently put into each area.

In other words, how in line with your values are you? Are you living your life in accordance with your values?

1 = little time, effort and 'head space'

10 = Maximum time, effort and 'head space'

Area	Minimum ← ----- → Maximum									
Family	1	2	3	4	5	6	7	8	9	10
Intimate Relationships	1	2	3	4	5	6	7	8	9	10
Parenting	1	2	3	4	5	6	7	8	9	10
Friends/Social Life	1	2	3	4	5	6	7	8	9	10
Work	1	2	3	4	5	6	7	8	9	10
Education/Training	1	2	3	4	5	6	7	8	9	10
Recreation/Fun	1	2	3	4	5	6	7	8	9	10
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Citizenship	1	2	3	4	5	6	7	8	9	10
Health	1	2	3	4	5	6	7	8	9	10
Other	1	2	3	4	5	6	7	8	9	10

Value to step closer to

Take a break.
You deserve it!





Values & Activities

Activating your life

Chronic fatigue may limit your ability to keep up the activities you enjoy. You might need to avoid activities that worsen your symptoms or you might not have the energy to do certain things. You may need to change your activities significantly. It's a "different normal." Knowing your values can help you choose activities that are important to you and make your life meaningful.

Steps towards activating your life

1. Identify your values
2. Link your values with goals
3. Know your limits
4. Find new activities
5. Adjust existing activities

Finding New Activities

These will be activities that fit with your health condition and are in line with your values. For example, if your health problem causes you to tire out quickly, it wouldn't be realistic to take on a demanding exercise program. But even at a lower level of physical demand, there are many forms of activity that are interesting, rewarding and good for your health. There are three main areas in which you might find new kinds of activity: *enjoyable activities, involvement with other people and self-care.*



Adjusting Activities

- **Can you adjust the activity in a way that still allows you to do it? Be creative!**

E.g. Walks: routes with benches? Shorter but more frequent? Laps of the garden?

- **If not, then think about the value that activity had for you.**

Social? Exercise? Outdoors? Alone time? Exercising dogs?

- **Can you get the same value with a different activity?**

Exercise together with friends from home through video call? Home work outs? Gardening? Throw a ball for the dog?



Step 1 Create three to-do-lists

Routine	Necessary	Pleasurable
Walk the dog	Pay a bill	Reading
Washing up	Fix boiler	Baking
Homework with kids	Apply for a job	Going out for lunch

Step 2 Order these activities by difficulty

Easiest	Medium	Most Difficult

Step 3 Plan these activities into diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Pay bill 9am		Work 9-5	Walk dog 8am			hoover 10am
PM		Baking 2pm				Lunch with Jess 12.30	
Eve			Movie night 7pm		Reading 7pm		



Know Your Limits

Do you know when you feel tired? Do you know when it is time to stop an activity to avoid the Boom & Bust cycle?

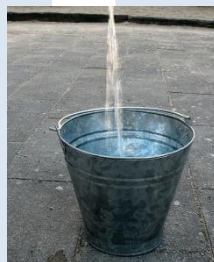
“Stop rules”: four different ways of knowing when to stop an activity.

➤ **“Fighting it”.**

This is somebody who tries to carry on with activities until their symptoms become so intrusive they have to stop. They “hit the wall”. They may say: “I won’t let it beat me: I carry on until I have to stop”. In this situation, they rely upon severe, intrusive symptoms to tell them when to stop.

➤ **“Listening to my body”.**

Some people notice a gradual increase in symptoms, which they start to identify as warning signs to stop. They will stop their activities sooner than somebody who is “fighting it”. They may say: “I listen to my body: it tells me when to stop”.



“Stop rules”: four different ways of knowing when to stop an activity.

➤ **“Time-contingent pacing”.**

Using this stop rule, people learn from experience how long they can successfully manage an activity for. They may use a diary to work out what they can manage sustainably, day after day. They may say: “I keep an eye on the clock, because I know my limits. That way, I have some energy left for later”.

➤ **“Activity-contingent pacing”.**

Using this stop rule, people learn from experience how much of an activity they can manage successfully. They may say: “I can iron two shirts, then I have a rest, even if I feel I could do a third one straight away”.



Over to You: Choose and Practice

Summary of Session Six

In this session we learned how to identify our values and how to use them to find and/or adjust activities to have a fulfilled life.

Write down one or more key points that you have learnt today:

Suggested Home Practice

You may find useful to read this handbook, reflect upon your thoughts and the psychological techniques discussed.

You may choose to review Session 3 Mood and Activity. These two sessions are linked.

Think about your values & link activities to these.

List the things you want to get back to doing; start with an easy activity.