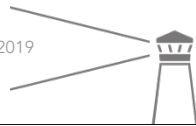


Stress Management & Personal Development

Change Course, HT 2019



Today's Outline

- Main purpose: introduce and start this course module
- Presentation round
- Course purpose & main content
- Module outline
- Values as life direction
- First exercise
- Break in the middle

Presentation round

- Name
- Age
- Where're you from
- A summer memory
- If you had a superpower...

Course Purpose

- Change makers are on fire! :-)
- Stress management
- Personal development
- Resilience
- Values as life direction
- The golden circle Simon Sinek

Course Content

- Stress
- Sleep
- Diet & daily routines
- Relaxation & meditation
- Values as life direction
- Physical activities

Module Outline

- Tuesdays 08.30-10.00
- Thursdays 14.40-16.00
- Theoretical and practical
- Weekly home assignments
- Group share
- Your personal notebook/journal

Values as Life Direction

- ACT – Acceptance and Commitment Therapy
- Valued Living Kelly Wilson
- Livskompassen Fredrik Livheim
- Bull's Eye Tobias Lundgren
- The Map of Values Malin Eriksson

The Basic Idea

- Meaning and purpose → well-being
- A tool to stop and reflect
- Values guide and motivate
- "He who has a *why*, can bear almost any *how*" Friedrich Nietzsche
- Protection from stress, depression...
- 10 areas of life
- Values ≠ emotions/feelings
- Values ≠ goals

Values vs. Goals

"Deep down inside, what is important to you?
Values are our heart's deepest desires for the way we want to interact with and relate to the world, other people, and ourselves. They are leading principles that can guide us and motivate us as we move through life."

Russ Harris

Values vs. Goals

- Values
 - Our heart's deepest wishes
 - General life principles
 - A direction – like walking west
 - A continuous process
- Goals
 - Results to achieve
 - Ending points
 - Checked off of list ☒

The Map of Values

- 10 important/meaningful life areas:
 1. Family relations
 2. Intimate relations
 3. Parenting
 4. Friendships & social life
 5. Employment & career
 6. Education & personal development
 7. Recreation & leisure time
 8. Spirituality
 9. Citizenship & community life
 10. Health & well-being

Making your Map of Values

- Within each area:
 - What is important to you?
 - What needs to be included?
 - Who do you want to be?
 - What are you striving towards?
 - How important is it to you?
 - Where are you right now?

Making your Map of Values

- Focus on adjectives
- Avoid social desirability
- Values can overlap
- Values will conflict
- Dream big!
- Next step is action!

1. Family Relations

- What is important to you in family relations and what needs to be included?
- What kind of relationships would you like to build?
- What personal qualities would you like to bring to those relationships?
- Who do you want to be?
- How do you want to behave/act?
- Sibling, adult child, cousin, auntie/uncle...

2. Intimate Relations

- What is important to you in intimate relationships? What needs to be included?
- What kind of relationship would you like to build?
- What personal qualities would you like to bring to your love relationship?
- What kind of partner do you want to be?
- How do you want to behave/act?

3. Parenting

- What is important to you in parenting? What needs to be included?
- What kind of relationship would you like to build with your child/children?
- What personal qualities would you like to have?
- What kind of parent do you want to be?
- How do you want to behave/act?

4. Friendships & Social Life

- What is important to you in friendships and your social life? What needs to be included?
- What kind of relationships would you like to build?
- What personal qualities would you like to bring to those relationships?
- What kind of friend do you want to be?
- How do you want to behave/act?

5. Employment & Career

- What is important to you in a career or work? What needs to be included?
- What do you value in your work?
- What would make it more meaningful?
- What personal qualities would you like to bring to your work?
- What kind of worker do you want to be?
- What kind of work relations do you want to build?

6. Education & Personal Development

- What do you value about learning, education, training, or personal growth/development?
- What needs to be included?
- What new skills would you like to learn?
- What knowledge would you like to gain?
- What further education appeals to you?
- What kind of student would you like to be?
- What personal qualities would you like to apply?

7. Recreation & Leisure Time

- What is important to you regarding recreation, fun and leisure time?
- What needs to be included?
- What sorts of hobbies, sports, or leisure activities do you enjoy?
- What sorts of activities would you like to do?
- How do you relax and unwind?
- How do you have fun?

8. Spirituality

- Spirituality can mean many things; religion, communing with nature, meditation... organized or spontaneous...
- What is important to you in whatever spirituality is to you?
- What needs to be included?

9. Citizenship & Community Life

- What is important to you in these areas? What needs to be included?
- How would you like to contribute to your community, the environment, the world?
- What kind of environments would you like to create at home, at work, in your community?
- What environments would you like to spend more time in?

10. Health & Well-being

- What is important to you regarding health and well-being?
- What needs to be included?
- Why is this important to you?
- How do you want to look after your health? (e.g. exercise, diet, sleep, smoking, alcohol, etc.)

Get to work!

9. Citizenship & community life

1. What do you think/feel is important within this area and what needs to be included for it to feel meaningful and important?
2. Who do you want to be and how do you want to act in this area?
3. How important is this to you? 1-10
4. Where am I right now? 1-10
5. Things you can do to take actual steps towards this?

Get to work!

10. Health and well-being

1. What do you think/feel is important within this area and what needs to be included for it to feel meaningful and important?
2. Who do you want to be and how do you want to act in this area?
3. How important is this to you? 1-10
4. Where am I right now? 1-10
5. Things you can do to take actual steps towards this?

Until next time...

- Work with the two areas in the map of values (add if anything more comes up):
 - Citizenship, environment and community life
 - Health and physical well-being
- Write down a few things you want to work with or learn more about during this course module
- Practice 3-3-3 at least 2 times a day
- See you in two weeks!