



Adult Resilience Curriculum (ARC)




Values







WHO WE ARE



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WHO WE ARE



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The Adult Resilience Curriculum (ARC)

The ARC Modules

0: Introduction to the Adult Resilience Curriculum (ARC)

1: Understanding the psychobiology of stress and well-being (*psychoeducation*)

2: Creating safe and supportive environments (*context*)

3: Clarifying, aligning with, and committing to one's values (*values*)

4: Cultivating awareness through mindfulness-based practices (*mindfulness*)

5: Connecting meaningfully with others (*connection*)

6: Fostering pleasant emotions and experiences (*positivity*)

7: Coping with difficult thoughts, feelings, and experiences (*coping*)

8: Feeling good physically through nutrition, movement, & sleep (*health*)

9: Rejuvenating through relaxation, recreation, and routines (*three R's*)

10: Bringing it all together: A wellness plan for the future (*wellness plan*)



Values

Determine the difference between values and goals.

Clarify your own values and identify goals that let you track your progress toward values.

Create an action plan to spend time deeply engaging with your values as a healthcare professional.

Our Hopes
for Today



MODULE 3: Clarifying, Aligning with, and Committing to One's Values



Values Components

What are
Values?

Values vs.
Goals

Values
Clarification



What are values?

Principles, ideas, things that are:

- ❖ **Chosen** life directions/pursuits
- ❖ Unobtainable & Ongoing
- ❖ Of greatest importance
- ❖ Known and unknown drivers of behavior
- ❖ Core to who we are, often without an explicit “Why”



Be a good
parent



Answering a
never-ending
stream of “why”
questions



Be a loving
partner



Doing favors that
may annoy you



Be a
supportive
friend



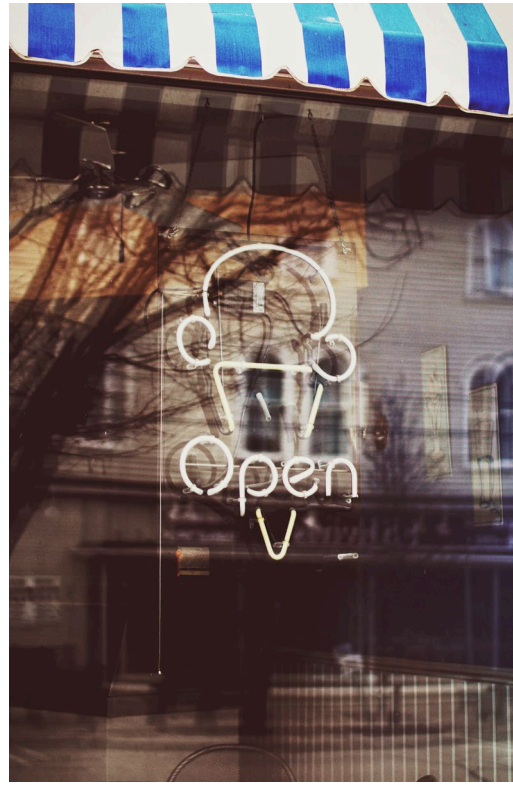
Showing interest
in their passions
even if you do not
care as much

Values

Goal

Value

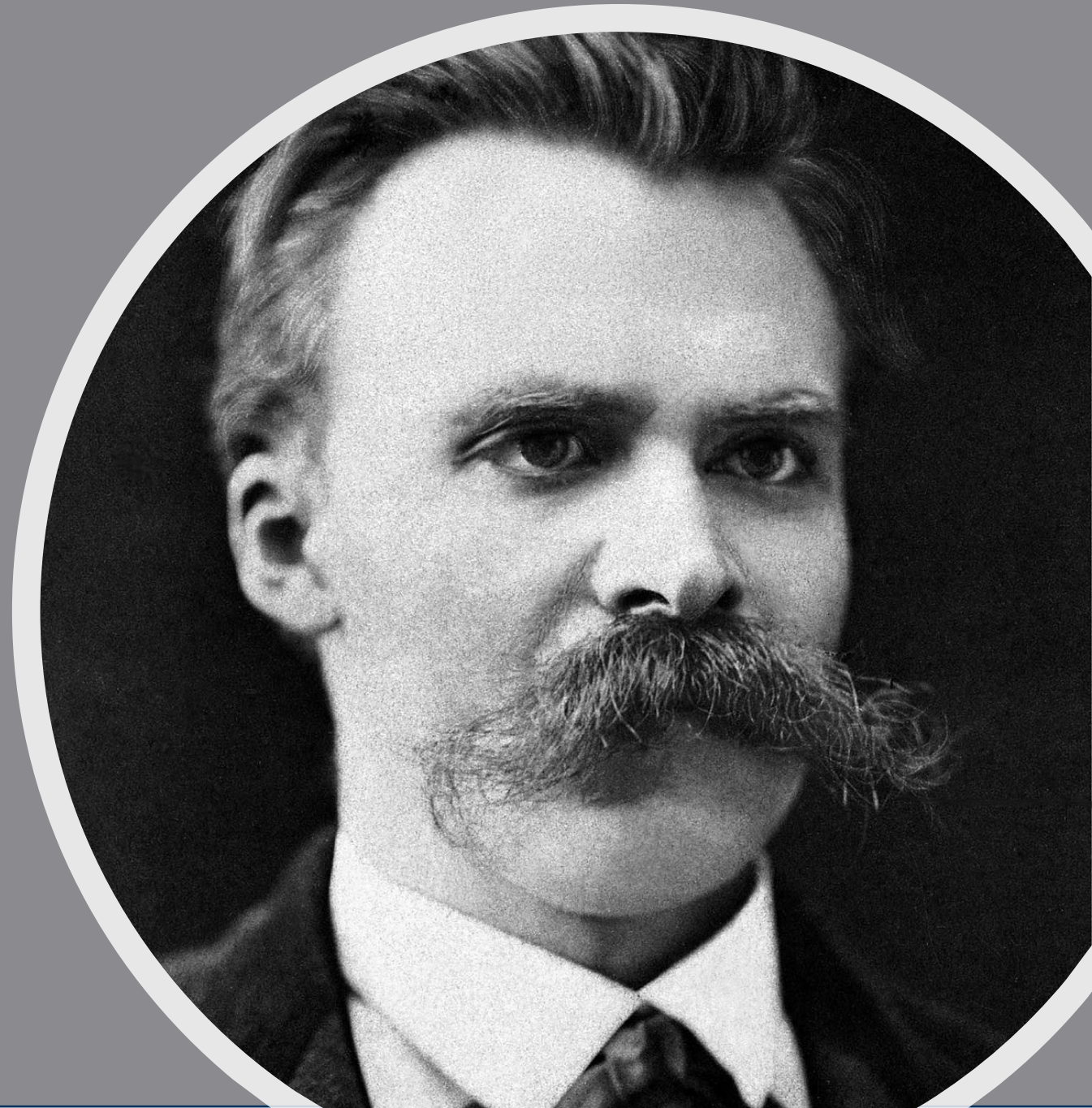






“Someone who
has a *why* to live
can bear almost
any *how*”

-- Nietzsche





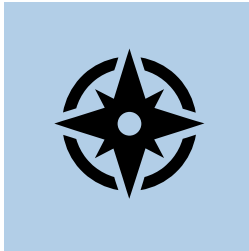
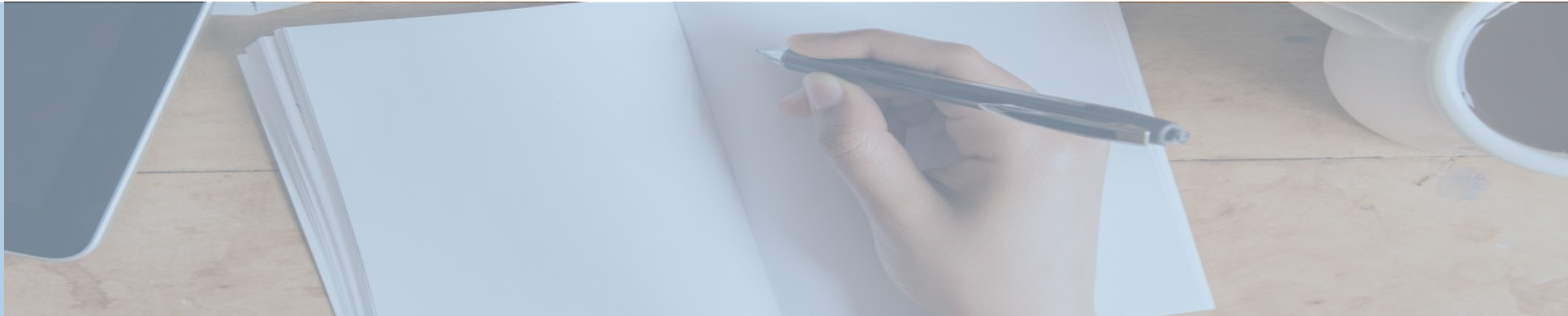
Values Clarification

Value Domains

Value Statement

Committed Action

In-Session Activities



true north



bullseye



retirement
party



my valued
journey



life values
inventory

Recommendations



- ✓ Complete activity

Recommendations



- ✓ Complete activity
- ✓ Teach an activity

Recommendations



- ✓ Complete activity
- ✓ Teach an activity
- ✓ Create individual action plan