



‘Take a Values Break’ Guide



Take a Break

Take a Break: Relax, take a few minutes to wind down, take some deep breaths and clear your mind. **Reflect** on your own wellbeing and the things that affect it, both positively and negatively. When we honour our values in the way we treat ourselves and others, it has a very positive effect on our wellbeing. The reverse is also true. So take some time to reflect on how you are living your values and the impact that has on your wellbeing, and the wellbeing of others. **Remember**, it’s like a safety briefing on a plane - you need to put your own oxygen mask on first before you help others. In the same way you need to live your values for yourself first and look after your own wellbeing; you’ll then be much better placed to help the wellbeing of others.



Choose a Value

Choose a value that is important to you, that you may not be currently living fully in how you are putting it into action towards yourself or others. Here’s a few to help you if needed, or else use another value that is important to you. (You can find a fuller list in the Resources page).

Honesty	Trust	Fairness	Consideration
Recognition	Appreciation	Gratitude	Respect
Authenticity	Acceptance	Forgiveness	Patience
Creativity	Support	Learning	Nurture
Love	Care	Compassion	Kindness
Balance	Responsibility	Excellence	Inner peace

For example: Are you being fair to yourself and others? Is there something that you’re not being honest with yourself about? Could you show more respect, more love and care to yourself, as well as others? Who do you need to forgive or be patient with? How is this affecting your wellbeing?



Share An Action Based On This Value

Share An Action Based on This Value: Think of an action that you can take right now, or very soon, to live that value more fully to make a difference to your own wellbeing and the wellbeing of others. Yes, go do it! Today, tomorrow or as soon as you can.

For example: book a holiday, go for a walk in nature, have that conversation you’ve been meaning to have, start an exercise class, meditate, pray, pick up that hobby again, book that health check, call that friend, plant some flowers, volunteer...

Share what you did with others! Go public, use #worldvaluesday on social media and let’s get everyone to take better care of themselves and improve their wellbeing, then pass the good feeling on to others. You could download the ‘I Value...’ template [at this link](#), complete it with your chosen value and action, then take a selfie and share with the world. It will help you commit to making it happen and help others to do the same. Then take a moment to reflect on the positive impact this has had on your wellbeing and see what else you could do...

Thank you for supporting World Values Day, we hope we have helped you smile 😊

Happy World Values Day – 17th October 2019

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