



# Values-Based Actions

*Spring 2022 Two-Part Workshop for Students*

## **Part I: Personal Values**

Clarifying your personal values helps to move forward on important commitments.

## **Part II: Commitment**

Commitment is an action in the direction of what you value even in the presence of obstacles.

The psychological phenomena termed “pandemic fatigue” is the result of over a year of chronic stress and anxiety. Many are feeling their nervous systems operating in unhealthy ways as apathy, restlessness and lack of motivation impact overall performance. Improve your optimism by appraising your approach to this academic year, identifying your personal values, and by committing to meaningful actions. The outcomes of the pandemic are unknown, but what makes your life meaningful is known in what you value intrinsically.

### **When & Where**

Two-Part Workshop:

**Part I:** Thu., Feb. 3, 4:00-5:00 PM

**Part II:** Thu., Mar. 24, 4:00-5:00 PM

**Via Zoom**

**NO CHARGE!**

**RSVP:** [studentcounseling@unm.edu](mailto:studentcounseling@unm.edu)

**Deadline to Register: 1 Business Day Before Workshop**