

# Words about Wellness

UNC DEPARTMENT OF PHYSICAL MEDICINE AND REHABILITATION

## Core Values and Wellness

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May 2021 "Words About Wellness" is brought to you by:

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I used to hear the advice to "live into your values" or "find your values," and I wasn't really sure what that meant. I found that I could easily brush it off because I wasn't doing anything outright against my values. But when I dug a little deeper, I understood more why that advice is given to individuals and to leaders as an exercise to actually spend time on.

There are lots of exercises to do to learn what your values are, but most of them involved reading through lists of values and being really honest with yourself about what you truly value. Not what you should value or think or what you have been told you should, but what you at your core honestly believe. I think that's where the true work in this exercise comes in – realizing that all of the values are good (dedication, honesty, courage, tenacity...these are all great!) but that there are ones that you really want to make your decisions on and to let guide you. **For the exercise, go through the list eliminating those that are good but don't really speak to you until you can get the list down to 2-4 values that you really cannot live without. Then think about your home life, your work life, and the way that you spend your time and energy. Ask yourself if any of those areas need to be more aligned with your values and if so, how you're going to do that. And don't forget to celebrate and honor the things in your life that already are!**

There are lots of resources for this out there that you can find, but some quick links for values to work through are: [Dare To Lead](#), Brene Brown List of Values (can do this from a online list that you print) OR use something like [Values Cards](#) (flip through a deck of cards to help narrow them down)

I think by living more in our values helps us to be more honest and authentic with ourselves. We can be more clear and efficient with what we want out of life and potentially put more into this world of what we really want to see more of. Maybe it's not always that simple, but I do know that for my personal experience and for a few of those around me that have spent time on this, it has increased wellness and overall joy in life. Give it a try, and let me know how it goes for you!

-Susan Gisler