Values in Work and Rest - Concept brief

Understand the idea behind values in work and rest and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery values dependability and needs time away from work to sustain it.

The idea

Rest can be considered alongside contribution without requiring productivity to justify it.

An ordinary example

Avery values dependability and needs time away from work to sustain it.

What this can look like

Describe desired qualities in work and rest, then identify one adjustment to current demands.

Check the fit

What balance respects capacity rather than an idealized schedule? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A value can guide ongoing action even when a goal is delayed or a barrier requires external support.

Reflection

What balance respects capacity rather than an idealized schedule?

Scope and adaptation

Values are personally chosen directions, not moral rankings or evidence of worth. Recognize structural barriers, disability access, and culturally varied meanings. Do not turn willingness into exposure to danger, excuse coercion, or prescribe one life path. These original exercises do not constitute a complete ACT protocol.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Valuing as a Choice. Full source links and scope: library.morethantherapy.org/recovery/resources/VAL-A15-1