



ACTIVITY: What's Most Important In The Midst Of Uncertainty

Purpose

The purpose of this activity is to:

- Aid in creating stability during times of uncertainty
- Draw focus on the values that matter in times of uncertainty
- Identify a set of values and behaviors to rely upon on in times of uncertainty

ESTIMATED TIME

5-10 Minutes

MATERIALS

Required:

- A. Pen
- B. Handout

Background

In times of uncertainty, it is difficult to find a sense of normalcy at home, work, or in your community. Normally, we make decisions for the future based on our past experiences. When the future is uncertain or we're experiencing something new, we can't rely on past experiences to inform our decisions. Uncertainty leads to a variety of negative emotions. Apprehensiveness in the face of the unknown, fear for the safety of our self and loved ones, or any other number of negative feelings. To be clear, all these emotions are normal. It is the situation that is abnormal. So what can we do?

Rather than deny uncertainty we must live with and accept it. During these stressful times it is important to find a foundation to lean upon. This foundation comes in the form of our values. More simply, those things in our lives that are most important. Perhaps it's quality time with your family, spending time outside to enjoy nature, or as simple as a quiet meditative cup of coffee in the morning. Unfortunately when uncertainty arises, we lose track of the simple things that can create stability.

In some cases even these simple tasks are impossible because of the situation. If that's the case we must be proactive and find something that brings meaning to our lives. Bearing this in mind it's time to get intentional.



Activity

1. Print page 3-4 for participants.
2. Discuss the concept of uncertainty and ask a few participants to share where uncertainty shows up in their lives. Ask participants to write those situations on their handout.
3. Next ask participants to write down which of their values are in conflict due to the uncertainty.
4. Considering their areas of uncertainty, ask participants to take a moment to choose what activities they can do to maintain or live their values. Reference the values handout for inspiration.
5. Ask participants to share how they will live their values.

Discussion Questions/ Key Points

- Ask the group how they felt after the activity.
- Do you think you could reflect on your values at the beginning of every shift and commit to living those values?
- In what situations do you think this practice would help you most?
- What other coping skills do you use to persevere during uncertainty?
- What does it feel like when you are living into your values?
- How do your personal values complement/overlap with our BJC values?

Let's Try This!

Invite team to determine what actions they can take to align with the BJC Values of:

- Compassion
- Respect
- Excellence
- Safety
- Teamwork

Use attached sheet to make it visible.

COVID-19 has created a world of anxiety and fear. Here's how you can get through it with clear purpose and meaning.

<https://taskandpurpose.com/opinion/covid-pandemic-fear-finding-meaning>

Life is full of uncertainty, we've just got to learn to live with it

<https://theconversation.com/life-is-full-of-uncertainty-weve-just-got-to-learn-to-live-with-it-30092>



RESILIENCY

Source of uncertainty	Value(s) in conflict	What simple action(s) I can take maintain or live your value.
Unsure of a loved one's health	Secure family	Make time for quality time together, Call loved one sharing gratitude for them.



RESILIENCE

CHAMPION GUIDE

Values In The Midst Of Uncertainty

What actions can you take to maintain or live your value?

Acceptance	Generosity	Openness
Altruism/Helping Others	Grace	Peace
Attentiveness	Gratitude	Philanthropy
Balance	Honesty	Play/ Playfulness
Caring	Hopefulness	Positivity
Charity	Humor	Reason/Logic
Courage	Independence	Reliability
Connection (Connecting w/others)	Integrity	Respect
Creativity	Introspection	Responsibility
Curiosity	Joy	Self-control
Determination	Kindness	Spirituality/Faith
Discipline	Leadership	Support
Family	Learning and Growth	Teamwork
Friendliness	Love	Thoughtfulness
Fun	Loyalty	Trustworthiness
	Open-Mindedness	Wonder
		Work

The Behaviors We Commit To As A Team

We honor our values of
Compassion, Respect, Excellence, Safety and Teamwork by:

