**Mindset Exercise: Focus on Values and Rethink Stress**

Circle 3 personal values that are important to you from the list below.

* Values reflect what you care about or strive for in yourself.
* Chose as many as you feel apply or add your own.

Pick 1 value from your selection and think about why it's important to you.

* Identify something you would like to develop in yourself.
* If you are facing a difficult situation, write about how this value might guide you.
  + Multiple research studies have demonstrated how writing for 10 minutes can change how people relate to the stress in their life.

