

Title: Managing Our Mental Health in the Workplace: A Value-Guided Approach

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Description: Utilizing one of the six core therapeutic processes in Acceptance and Commitment Therapy (ACT), Values, we will explore how Value-Guided behaviors can enhance our quality of worklife and quality of work-related experiences. Together we will identify common values, explore ways in which we can self-assess how we are acting consistently/inconsistently with our values, and determine ways in which we can make reasonable changes to begin to/continue to live an overall Value-Guided life.

Tips/Takeaways:

- When a conflict/rupture occurs in the workplace...
 - PAUSE
 - Sometimes this is difficult to practice in the moment! Be gentle with yourself!!
 - Notice
 - “Is this conflict/rupture related to my values/value-guided behavior?”
 - Check in with self
 - “What are my options to respond to this conflict/rupture that are in alignment with my values?”
 - Respond with value-guided behavior!



Skye is a Licensed Marriage and Family Therapist with an established private practice in Sacramento, CA, where she utilizes a genuinely warm, humorous, and direct approach to gently challenge clients and invite them to step out of their current comfort zone and step into authentic living. She advocates for culturally conscious and meaningful practices and ways of being (e.g. language revitalization, basketweaving, ceremonial practices, song and dance, traditional

tattooing and piercing, etc.) as a way to actively address mental health concerns in Indigenous communities. As a Northern Sierra Miwok woman and citizen of the Lone Band of Miwok Indians, Skye intimately understands the impact of intergenerational trauma and she also understands the profound impact of clinically holding and protecting space for others to name, process, and explore their own survivance in order to further facilitate healing and growth. It is through this intersection of academic, personal, and professional experiences that Skye strives to strategically and insightfully contribute her learned and lived knowledges to her community and the individual and collective healing work ahead.