



# Mind and Matter



A publication of the University of Miami Faculty and Staff Assistance Program

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# A Sense of Purpose

by Pilar Tamburrino, M.S., LMHC, CEAP

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Have you ever thought, or pondered about, what it means to live a life filled with purpose? Some of us live our entire lives trying to figure out the purpose of our existence. Some of us sense that we have always felt very connected to our purpose, while others feel their purpose remains an ever elusive commodity. Then there are those of us that know our purpose, but are still sidetracked by a culture of consumerism which does little to support a meaningful life.

When we are grounded in purpose, we live a more meaningful existence. Purpose is a sense of knowing that your life has meaning, value and importance. Having purpose means you know that your work, your contributions, and your life make a positive impact on the lives of others. Studies have shown that people who feel they are contributing to a higher purpose are likely to have a healthier outlook on life and be more resilient to stress.

Award winning author of *Follow Your Conscience: Make a Difference in Your Life & in the Lives of Others*, Frank Sonnenberg offers some common threads which intend to bind life with purpose:

- **Live by your beliefs and values.**

People who live a life of purpose have core beliefs and values that influence their decisions, shape their day-to-day actions, and determine their short- and long-term priorities.

- **Follow your passion.**

People who live a life of purpose pursue their dreams with fervor, put their heart into everything they do, and feel that they are personally making a difference.

- **Feel content.**

People who live a life of purpose have an inner peace. They are satisfied with what they have and who they are.

- **Make a difference.**

People who live a life of purpose make a meaningful difference in someone else's life. They do things for others without expectation of personal gain, serve as exemplary role models, and gain as much satisfaction witnessing the success of others as witnessing their own.

- **Achieve balance.**

People who live a life of purpose put their heart into their career and into building relationships with friends and family. They also reserve adequate time to satisfy their personal needs. Achieving balance means living up to one's potential in all facets of life.

- **Live in the moment.**

People who live a life of purpose cherish every moment and seek to live life without regret. They take joy in the experiences that life gives and do not worry about keeping score.

Living a life filled with purpose will result in making you feel happier, more content, more alive and most definitely more resilient through difficult times. If you are interested in further exploring or learning about how to find that purpose please contact our office for a consultation.



## 7 WAYS TO REDUCE STRESS

If you often find yourself tense or on-edge, try these seven ways to reduce stress.

1. **Get enough sleep.** Inadequate or poor-quality sleep can negatively affect your mood, mental alertness, energy level, and physical health.
2. **Learn relaxation techniques.** Meditation, progressive muscle relaxation, guided imagery, deep breathing exercises, and yoga are powerful relaxation techniques and stress-busters.
3. **Strengthen your social network.** Connect with others by taking a class, joining an organization, or participating in a support group.
4. **Hone your time-management skills.** The more efficiently you can juggle work and family demands, the lower your stress level.
5. **Try to resolve stressful situations if you can.** Don't let stressful situations fester. Hold family problem-solving sessions and use negotiation skills at home and at work.
6. **Nurture yourself.** Treat yourself to a massage. Truly savor an experience: for example, eat slowly and really focus on the taste and sensations of each bite. Take a walk or a nap, or listen to your favorite music.
7. **Ask for help.** Don't be afraid to ask for help from your spouse, friends, and neighbors. If stress and anxiety persist, talk to your doctor.

Along with these ways to reduce stress, add in a healthy lifestyle — maintaining a healthy weight, not smoking, regular exercise, and a diet that includes fruits, vegetables, whole grains, lean protein, and healthful fats.

Source: <https://www.health.harvard.edu/heart-health/7-ways-to-keep-stress-and-blood-pressure-down>



“The mystery of human existence lies not in just staying alive, but in finding something to live for.”

Fyodor Dostoyevsky

## DID YOU KNOW?

Smiling can lift your mood, lower stress, boost your immune system and perhaps even prolong your life. C'mon show off those pearly whites!



## FEATURED SEMINAR

### Fighting Cancer and Other Chronic Conditions with a Fork



*This seminar will empower participants to make better choices, more often, when sitting down to a meal or snack. Diets don't work, but a change in lifestyle can be all the change you need, to create a healthier you. This lecture will provide participants with practical tips and tricks to incorporate throughout their day, teaching them that small changes in their food choices and lifestyle, can lead to big results. Our presenter, Lesley Klein, is the Clinical Nutrition Manager at Sylvester Comprehensive Cancer Center.*

**September 24-28**

**Earn 150 - Pure Wellness points (to a maximum of 300 points per calendar year) when you attend an FSAP seminar.**

## UPCOMING SEMINARS

Civility in the Workplace  
Mindful Living  
Random Acts of Kindness in the Workplace  
Relax, Breathe and Let go!

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