



# WELLNESS WEDNESDAY

Happy New Year, and welcome to Graham's first Wellness Wednesday Newsletter of 2023!

There is no better time than the new year to reflect on past achievements, and focus on healthy, positive changes that you can make moving forward! From shaping personal goals, to guiding important life decisions, a strong sense of purpose benefits both happiness and health. But what *is* purpose?

In short, it is the reason you get up in the morning—the “why” for how you live your life. Purpose encompasses your motivations and values and is unique to everyone. Dan Buettner, National Geographic Fellow, award-winning journalist and producer, and New York Times bestselling author once said:

“Having a purpose and knowing exactly what your values are will add years to your life.”

This week, use [the "Finding Purpose" guide](#) to spend time thinking about your purpose. Doing so might allow you to enjoy its many benefits, including:

- Living longer
- Managing stress better
- Reducing risk of heart disease and Alzheimer's
- Handling pain better
- Experiencing stronger relationships
- Realizing greater resilience and grit
- Sleeping better
- Having greater optimism, hope, and life satisfaction
- Displaying stronger motivation
- Increasing the likelihood for receiving preventive health services and being physically active

Volunteering is a great way to help develop a sense of purpose. Doing so decreases your risk of depression, reduces stress, increases happiness, and more! [Learn More](#) about the health benefits of volunteering.

If you know of a local volunteering opportunity, share it here with your colleagues. Bonus points for organizing a group to donate their time together!

What is your “why?” What motivates you to wake up in the morning? What are your personal values?