

Live Well Be Well

“Rediscover Your True Self”

Welcome to Live Well, Be Well! A podcast where we speak candidly about all things health and well-being! My name is Renee Dell'Acqua, and I'm a Health Educator in Health Promotion Services here at UC San Diego.

On this episode of Live Well Be Well, we take a moment to reflect on ourselves, our lives, and our experiences to help us rediscover who we are, what we value, and what is most important in our lives.

So we hope you get inspired, we hope you feel connected, and we hope you discover new ways to live your best life. Let's get started!

An unfortunate truth is that we often transform and shape our hopes, dreams, wishes, and who we are as individuals to please or seek approval from others. And in this pursuit of seeking approval from those around us or society in general, we can lose sight of who we are and what we really want in life. And what adds to the complexity of it all, is the fast paced nature of life itself.

And I thought that since this is the beginning of the year, we should take a moment to slow down and reconnect with ourselves. So I will be posing a series of questions to you all, giving you the opportunity to practice moments of self-reflection. The questions that'll I pose won't be complicated or even that profound. They'll be simple and broad, but hopefully they'll unearth some deep meaning or even elicit continuous self-reflection even after this episode concludes. And my wish for you is that the answers that you offer up to each of

these questions or even those you are currently unable to answer, will help you rediscover who you are, what you aspire to be, and the direction you hope to take your life in.

So with that, I will be posing a series of questions - 10 questions at that. After each question, pause the episode. Feel free to reflect internally with your eyes closed as you rest easy in a comfortable position, or write down your responses in a journal, which will give you the opportunity to look over your responses periodically throughout the year. Either way, take this time to dive deep into these simple questions that reveal a lot about you.

With each question, pause the recording and give yourself time to deeply reflect. When you're ready, continue listening. So now let's take a deep breath in through our nose, breathing in peace, hope, and gratitude, and exhale releasing fear, uncertainty, and other negative emotions you may be feeling. And with that cleansing breath, let's get started:

- (1) What makes you feel calm and at peace?
- (2) When do you feel most proud about yourself?
- (3) What makes you feel valued and appreciated?
- (4) What are the qualities and traits you possess that you value most?
- (5) What are the qualities and traits that others possess that you value most?
- (6) What is it about your major that you're most passionate about?
- (7) What do you struggle most with?

(8) How comfortable are you asking for support when needed?

(9) What sparks joy in my life?

(10) When do I feel most empowered?

I hope you were able to practice a deeper moment of self-reflection and self-understanding, to help you rediscover the beautiful and amazing person that you are.

So that concludes this episode of Live Well, Be Well! If you liked what you heard today and would like to learn more about topics related to health and well-being there's much more to come!

Be sure to check out our website hps.ucsd.edu and follow us on Instagram and Facebook under @UCSDHPS

Stay tuned for our next episode of Live Well, Be Well. Until next time, be kind, be true, be you. And remember, to be well is to live well.