

Live Well Be Well

“A Moment of Self-Reflection”

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 honor National Suicide Prevention Week with an episode dedicated to self-reflection about our purpose and meaning in life, that which brings us joy, and the special qualities and traits we each bring to this world.

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!

We all have a purpose in this life. I know this to be true, without a doubt. But, what I also know to be true, is that life can throw some major curveballs our way. Ones that break our hearts, that drop us to our knees, that make us feel unbearable pain. And these are the moments in our lives that casts shadows, doubt, and lots of uncertainty. These are the points in our lives that are filled with utter darkness and despair -- where it seems like there is no end in sight. And sometimes, this can all accumulate into us questioning everything — including our worth, our purpose, and that which brings us joy.

So if you feel like you've lost sight of your purpose or meaning in life, or if you just feel like you've lost sight of that which brings you meaning joy and happiness, this episode is for you.

This episode is going to be a little different than others. Today, I'll be presenting you with several statements, and I'm not going to complete these sentences with my own dialogue— I want you to do just that. With every statement I pose, I want you

to pause the podcast and practice moments of self-reflection -- giving your most honest and authentic responses – that which speaks your truth. And as you're engaging in this practice, take slow and deep breaths in through your nose and out through your mouth, to help keep you in a calm and relaxed state.

So let's begin:

Here are the statements I have for you. Please repeat and then complete each statement. And be sure to pause the podcast after each statement to give you enough time to dive deep into honest and authentic self-reflection:

1. I'm here on this Earth because...
2. I find most joy and fulfillment when...
3. I believe my purpose in life is to...
4. I've gone through hard times before and I've gotten through them because...
5. My greatest strength is...
6. The thing I am most proud about myself is...

With these 6 statements, I hope you were able to discover or even just reconnect with your purpose in life, with those things that bring you joy and fulfillment, and also, help you remember the inevitable strengths and qualities you bring to this world because there are many.

Now I have some statements that I want you to repeat. Feel free to say these out loud while you're looking yourself in the mirror, or while you're lying down with your eyes closed in peaceful solitude. However or where ever you're saying these statements, my hope for you is that these statements touch your heart and your soul and you believe them to be real and true because they are.

So repeat after me:

1. My life matters.
2. I am worthy.
3. I am strong.
4. I have a purpose.
5. My life has meaning.
6. Times are tough but so am I.
7. I can get through anything.
8. I am both a masterpiece and work in progress.
9. I am not a burden to those around me.
10. I bring something special to this world.

Your life truly does matter and if you are in need of support, help is here for you.

Here are some resources to contact:

- CAPS here at UC San Diego offers 24-7 Crisis Counseling – simply call 858-534-3755
- Student Health and Well-Being – visit our wellness.ucsd.edu
- National Suicide Prevention Lifeline – call 1-800-273-8255

- Crisis Text Line – text 'HOME' to 741741

These are resources dedicated to helping you when you need it most. Never feel ashamed or embarrassed for reaching out because your life is worth fighting for, YOU are worth fighting for.

Today and everyday, extend a little extra love and compassion to yourself and those around you. You never know the battle and hardships someone may be fighting. And remember Tritons, together we keep going. Endless love, peace, and gratitude to you all.

So that concludes this Season 2 of Live Well, Be Well! We will be taking a short break over the next few weeks. During this time we'll be brainstorming new and relevant episodes to help you along in your health and well-being journey as you embark on another academic year here at UC San Diego!

Be sure to check out our website healthpromotionservices.ucsd.edu and also follow us on Instagram and Facebook under @UCSDHPS. Stay tuned for Season 3 of Live Well, Be Well.

Until next time, be kind, be true, be you. And remember, to be well is to live well.