

# Live Well Be Well

**Title:**

## **Let's Talk What's Our WHY**

### *Introduction*

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'll be taking a moment to reflect on an important question, What's my WHY?

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!

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This past year and a half has been anything but easy. We as individuals and as a community have gone through some extremely challenging and trying circumstances and life events. This year has required so much from us in terms of adaptation and flexibility, finding healthy ways to cope with the major unprecedented stressors we've encountered. And what can happen as a result of this survival mode that we've essentially had to adopt, that can lead to us lose sight of our overall WHY -- our overall purpose and meaning of life -- and even then I do want to emphasize that it's valid for that to have happened.

And so this is our moment -- right here, right now -- to settle down and reflect and ask ourselves, "What's my WHY?" -- that'll give us the opportunity to reignite our passions, reignite the pieces of us that often get lost in the shuffle of life and when we do fall into periods of survival mode. And I think it's a perfect time to ask ourselves this question given the fact that the school year is ending, graduation season is upon us, and maybe you're at a point where this is something that you need right now.

But before I ask you to reflect on this deep and meaningful question of What's My Why? I first want to share a few responses our Well-Being Peer Educators had for this question. There were so many beautiful ones but here are just a few:

- This is still something I'm kinda figuring out. Purpose isn't really something that just comes from nowhere. But I think currently what motivates me and gives me purpose in life is connecting with other human beings and learning their different stories. I also love making art and being vulnerable in my pieces allows me to share my struggles and pain in a beautiful way!

## Live Well Be Well

- What brings meaning to my life is the fact that I am able to make a positive impact in other people's lives. What also brings me purpose is my faith and knowing that I am meant to be on this earth for a reason.
- I hope i can create an environment where people can express themselves and raise each other up. That is kind of why I joined the Well-Being Peer Educator Program. I wanted to show friends that they belong here and are encouraged to become the best that they can be.
- My Why is when I get an aching pain in my stomach because I laugh so hard with my sister, and finishing a really good movie that leaves me speechless, and being able to enjoy Ice cream - it's all the little things that keep me going
- I want to inspire others. I want to have love and connection in my life that will allow me to live a life that inspires others and brings light and hope into the world.
- I'm still figuring out my why, but for now learning and growing brings purpose to my life.

I loved all of these responses -- they were all unique in their own right but also drew upon specks of similarity, which is a great example of how we as human beings are all unique but we're very similar and share many of the same aspirations and life's purpose no matter who we are and where we come from -- which I think it just so beautiful and uplifting.

So I hope as you were listening to the Whys of your fellow Tritons, that you were able to start thinking about your own life. So in this moment, I invite you to take a moment to reflect on your why and I kinda want to transform this into almost a meditative practice.

So if possible, I invite you to find a comfortable and relaxing position -- whether that you lying down in your bed or settling in on a cozy couch. Now, gently close your eyes or simply relax your gaze. Start to focus on your breath, taking longer and steadier inhalations through your nose, and letting go of that breath through your mouth. Let's do that one more time -- inhale through your nose and exhale through your mouth.

And once you're calm and settled, begin your reflection practice by asking yourself, "What's My Why?" Like some of our Well-Being Peer Educators mentioned, you don't have to have it all figured out right in this moment so release any pressure you may have on yourself to have it all planned out. Just allow yourself the freedom to explore and identify those pieces of your life that currently gives you life -- whether that's your friends or family, your major or career aspirations, or those overarching life goals of I want to make a positive impact in the world -- whatever those pieces of your life may be, allow yourself to identify and reflect on WHY.

Feel free to pause this recording to give you time to practice this reflection.

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### *Closing*

So that concludes this season of Live Well Be Well! If you like what you heard 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 [healthpromotion.ucsd.edu](http://healthpromotion.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.