

Purposeful Wellbeing Project

Purposeful

Research has shown that people with a stronger connection to their purpose are more resilient, better able to manage uncertainty, and even produce more antibodies and mount stronger antiviral responses. Finding meaning during challenging times has positive health benefits.

This is why Purposeful is part of our Thriving Workforce initiative. **Purposeful** is a unique, science-backed solution developed by leading purpose and behavior science researcher Victor Strecher (PhD, MPH) and his team at Kumanu.

In just a few minutes a day, **Purposeful** can help you center your purpose and strengthen your personal resilience during COVID-19 and beyond. For many, it helps in managing stress and anxiety, as well as increases energy, optimism, and control.

Purposeful Wellbeing Project

Participating in the Purposeful Wellbeing Project starts with signing up for the **Purposeful app**.

You will complete the **Life Purpose Quest** composed of a series of questions created to answer the biggest question of all — What Is Your Life Purpose? At the end of the quest you will craft your **life purpose statement**.

Purposeful offers additional quests you may want to explore that will help you identify your work purpose, harness resilience to handle stress, energize your life and more.

Wellbeing Project Steps

To complete the Purposeful Wellbeing Projection requirements:

- **Activate Purposeful** : Text MUSC_DOCS to (734)436 -3939 to get started*
- Complete the **Life Purpose Quest**
- Craft your **life purpose statement**

*If you have already activated Purposeful take a screenshot of the app and send it to your Department Chair.

It's essential that we take care of our minds and bodies so that we can remain healthy and strong for those who rely on us — our families, our teams, our patients, and ourselves!

We hope you find value in taking a moment or two each day to build your intention, purpose, and resilience and to help navigate and thrive in this new normal.

Text MUSC_DOCS to (734)436-3939 to get started.

Provide your work email address when prompted. Once your account has been activated, you may access Purposeful on your mobile or desktop device.