

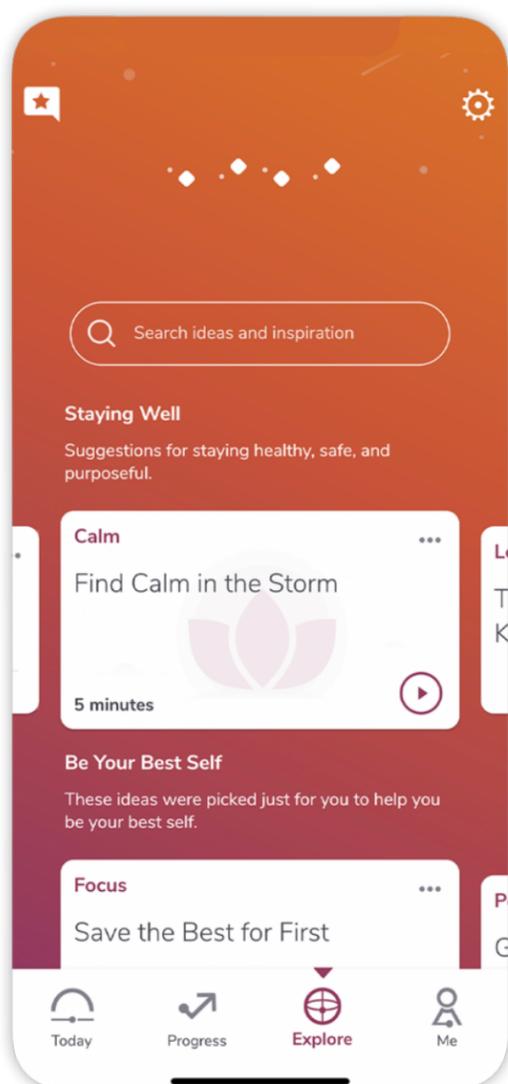
purposeful Living

Change happens. Purpose helps you navigate.



“Change the way you look at things and the things you look at will change.”
— *William W. Dyer*

Just like you, we’ve been attending to our families first. And while our collective focus on safety and preventing transmission may feel restrictive at times, let’s not lose sight of the tremendous impact this moment can have on ourselves and each other by keeping our purpose front-and-center — how it can drive life-affirming changes, bringing focus to what matters most in life and at work. The research is resounding: purpose builds resilience and boosts both emotional and physical wellbeing. What changes do you plan to take into the post-pandemic?



Available Now on Purposeful: Habits for coping with COVID-19

We’ve been working to improve your experience as well as provide timely insights to help our Purposeful community through these challenging times. You may have noticed a new section on your Explore page that features content geared specifically for our new COVID-19 world. From meditations to gratitude activities, be sure to check-in to find your calm in the storm.

As always, keep the feedback coming (email feedback@kumanu.com) — and watch your ideas become reality in Purposeful!

Here are a few ways to change the ways you look at things while creating a positive growth mindset.

Take a News Break

Are you glued to your screens outside of work? Cut your media consumption drastically. Control what you can control, and direct your energy in a positive direction.

Picture a Best-Case Scenario

Spend 5 minutes envisioning yourself in the best of all possible worlds, as the best possible you. Bathe in the positive feeling; it may even last all day.

Wash With Gratitude

Instead of singing Happy Birthday again, practice gratitude each time you wash your hands – think of 10 reasons you’re grateful for starters.

Negative Thinking? Think Again

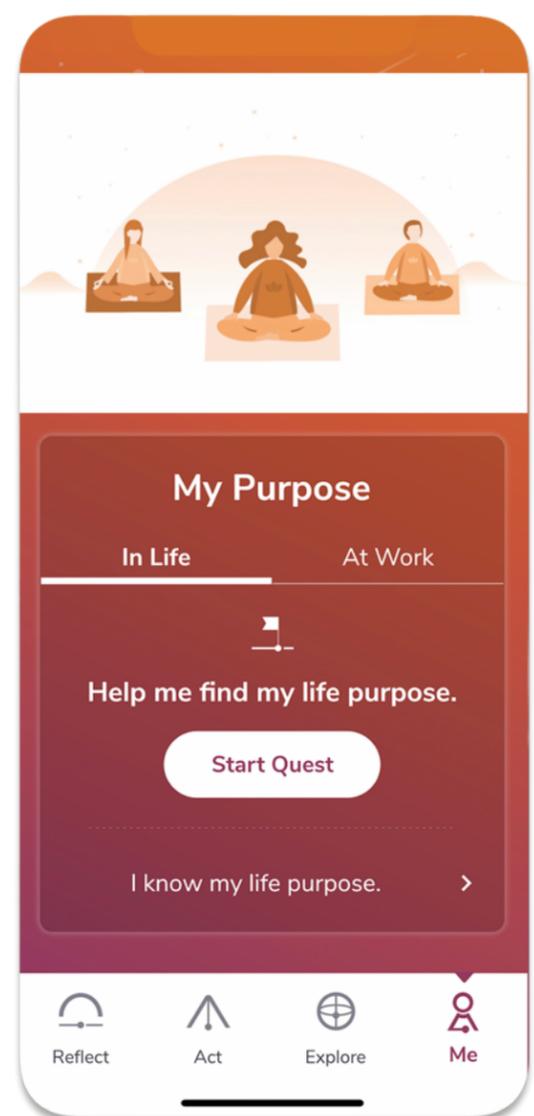
Nip gloomy thoughts in the bud by redirecting your attention. Surround yourself with positivity: Call a friend. Play a game. Go for a walk in nature.

Purposeful is a simple yet **powerful** app designed to help you harness **brain science** to find and live your purpose while becoming the best version of you. This resource is a free resource provided to you by the University of Delaware!

Here's how to get started:

Text **UDEL** to 734-436-3939

Already have an account? Jump back in whenever you need support, guidance or motivation to be your best.



Sent to: _t.e.s.t_@example.com

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