

purposeful Living

Redefine balance. Regain control.



“Every day begins with an act of courage and hope: getting out of bed.”
— *Mason Cooley*

As our work and personal lives collide like never before, many of us are managing a brand new reality. And this new world brings with it different stressors and anxieties, challenging our ability to find balance when we need it most. And as May springs with new hope, so too can our new normal: find your center in the smaller moments with a quick showing of gratitude; let your purpose guide your personal growth; and strengthen your human connections. Science shows that purposeful actions like these can keep your mind balanced and open, improving your mental health and allowing you to better act with purpose and help those who matter most to you.

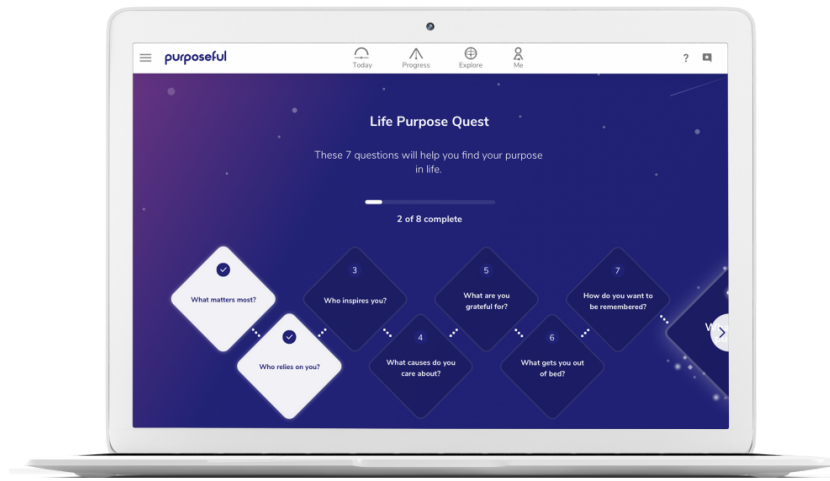
Here are five ways to grow, keep your cool, be your best, and regain a sense of control in this moment. Share it with friends, coworkers, and family members!

Work Just Got Personal

For many of us, our work and home lives have collided. Literally. And success will take more than tips for setting up your home office. How can you keep your cool, be your best, and grow in this moment? Regain a sense of control through these 5 purposeful steps.



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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. Purposeful is a free resource provided to you by the University of Delaware.

Your coworkers are using Purposeful. Are you in?

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