JULY/AUGUST TOTAL HEALTH HIGHLIGHT

PREVENTION AND SCREENING

The Connection Between Purpose and Your Total Health

Recent research has uncovered a number of positive health-related outcomes connected to having a sense of purpose in life. Everything from a greater likelihood of getting regular screenings for cancer to fewer days spent in the hospital has been linked to measures of purpose. Interesting research, indeed, but perhaps not terribly surprising: when we feel we have connection to something bigger—a reason for being that we are here to fulfill—a natural outcome may be to take better care of ourselves so we can fulfill that purpose. Purpose can come in many forms, but what matters most is that you have one—not the details of what it might be.

For more insight on finding purpose, check out *www.ted.com/playlists/313*.

Caterpillar: Confidential Green