

Self help matters.

Helping you to find your solutions

**Developing
Purpose**

Developing Purpose

As we grow and develop, our sense of purpose and search for meaning may change. Life presents us with strong urges to adopt new purposes at each stage and this includes the changes which may emerge when we come to University.

If we get married, we might focus on our relationship. If we raise a family, the children might take centre stage. Or our purpose may come from our career or a new job. Purpose creates a major focus for what matters to us.

Developing purpose is about finding a meaning, principle, reason, belief, enjoyment and/or motivation. When many things come together to generate passion, this passion then enables us to further grow and develop physically, emotionally, spiritually and/or psychologically.

Top Tips

Learn. With learning comes wisdom. Wisdom gives you more choices. To learn, you need to apply yourself, focus and spend the time and effort required. Nothing comes in life from nothing. What you put in can determine what you get out.

Take responsibility. Only you are ultimately responsible for you. But you have to account for your actions. Taking responsibility means taking ownership of life by learning from your mistakes and making positive changes.

Be inquisitive. Learn about purpose by asking questions. No one knows all the answers, but there's always someone who has an answer. By asking, you learn and understand.

Inspiration. Who inspires and motivates you and why? What is it about them that has this effect on you? Might you be an inspiration and motivation for others?

Needs and wants. Understand the differences. Needs are often basic and necessary for survival and normal functioning. Wants are the optional extras. What constitutes a need or want in your life?

Listen to yourself. Often you get so lost in the stimulation around you that you don't hear your inner voice, what your body, mind and soul are telling you.

Listen to others. Active listening is a learned skill, whereby you don't just listen to words spoken, but to the wider area of body language and nonverbal cues.

Engage. Humans are social creatures and so you need to communicate, engage and interact with others. This can be at work and at play where you seek an equal role and voice.

Contentment. Being content conveys a settled acceptance of happiness, where you're not driven to hedonistic ecstasy but one that embraces joy, peace, calmness, relaxation, spirituality and tranquillity.

Understand belief. What do you believe in, why is it important and what purpose does it serve? Is it religion and spirituality, sports and recreation, or even work, achievement or making a difference? Don't shun these aspects of yourself, as they may contain a hidden answer to your life's question.

Legacy. Imagine you're on your deathbed at the age of 100. What would you say to yourself? What regrets might the 100-year-old have? The challenge is to come back to today and ensure that these regrets do not happen!

Nourishment. What feeds your body, mind and spirit? What feels good? A sense of purpose is what helps to champion causes, uphold values and rights, and to find a voice for things that matter to you.

Identity. Coming to University gives you an excellent opportunity to reinvent yourself or to define who you are or what you want to be. It's a significant new era in your life, and this new experience can be fundamental for the future.

Resources

MOODZONE

Boost your mood, cope with stress, anxiety or depression or simply improve your overall emotional wellbeing.



Opening Hours: Online

www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx

LIVING LIFE TO THE FULL

Want to know how to feel happier, more confident & worry less right now? Would you like to learn new ways of dealing with what life throws at you?



Opening Hours: Online

<https://littf.com/>

ANXIETY UK

Information and support for anxiety sufferers.



Services are available Monday – Friday 9.30am – 5.30pm (excluding Bank Holidays)

www.anxietyuk.org.uk

MINDFULNESS FOR STUDENTS

Helping you to stay calm, focused & better manage the pressures of student life.



Opening Hours: Online

<http://mindfulnessforstudents.co.uk/>

UNIVERSITY OF ABERDEEN SERVICES & SUPPORT

A range of support resources for everyone at University



www.abdn.ac.uk/infocenter/support

BIG WHITE WALL

Online community of people who are anxious, feeling low or not coping who support and help by sharing what's troubling them. This is a free, online, moderated service and confidential.



Opening Hours: Online

www.bigwhitewall.com

If you are experiencing a crisis - please contact any of the following

- **Emergency Services** - telephone 999 (Free) 24 hours
- **Samaritans** - telephone 116 123 (Free) 24 hours
- **Breathing Space** - telephone 0800 83 8587 (Free) Mon-Thu 6pm-2am, Fri-Sun 6pm-6am
- **Nightline** - telephone 01224 272829 (local rate) term-time only, between 20.00-08.00
- **NHS 24** - telephone 111 (Free) 24 hours

For other support resources, please see - www.abdn.ac.uk/counselling