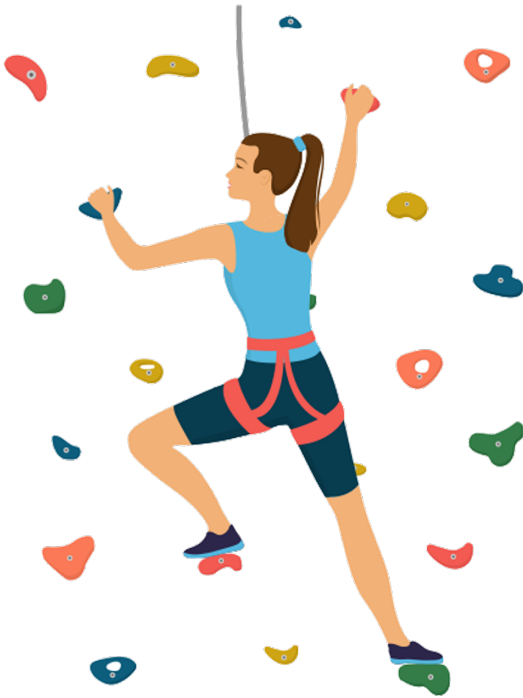


How **purpose** helps your brain



Purpose

Having purpose in life helps us to create goals, reach those goals and give us personal meaning.

Purpose offers us direction in life – without purpose we would be lost!

Benefits

Having purpose has a lot of physical and mental health benefits, as well as social benefits. People with high levels of purpose in life are more likely to exercise and participate in healthy behaviours, such as seeing the doctor for preventative care.

Because people with purpose participate in healthy behaviours, they have better health outcomes. People with purpose live longer lives, are less likely to have chronic health conditions, have reduced pain, are less likely to develop dementia and Alzheimer's disease, and have a lower risk of stroke.

Having purpose has also been shown to increase ability to relax during stressful situations and experience fewer sleep problems. People with purpose are also more likely to engage in social activities and are more likely to have fulfilling social lives.



How to have purpose

We can find purpose in many different things! We can find it in our jobs, volunteering, offering and receiving social support, having a pet to care for, having a family or participating in a community organisation.



Job



Volunteering



Religion



Pets



Family



Hobbies



Friends



Community

Purpose Sources

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