

Coffee with the Coach 12/13/2023

Topic: Ikigai

UNC Wellness Centers

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- Ikigai (ee-key-guy) originated in Okinawa, one of the Blue Zones, boasting the most 100+ year olds on the planet. According to the Japanese, everyone has an Ikigai- what a French philosopher might call a *raison d'être* or reason for being. Some people have found their Ikigai, while others are still looking, though they carry it within them, and it may require a patient search.
- Ikigai is the intersection of what you love to do, what you are good at, what the world needs, and what you can be paid for (diagram on slide 3).
- When you live according to your Ikigai, you have **greater meaning and purpose for your life**. Meaning is a predictor of psychological health, physiological health and well-being, and associated with reduced all-cause mortality, higher daily positive affect, lower negative affect, improved longevity across diverse cultures, genders and age groups.
- We only scratched the surface of Ikigai and I encourage everyone to **dig deeper** using the resources; to get curious, brainstorm without instant judgment, and try something new!

