

## **Surgeon General Dr. Vivek Murthy, Dr. Richard J. Davidson, Host Krista Tippett Participate in Live Virtual Event on Loneliness, Connection and Healing Division**

The Center for Healthy Minds in conjunction with Healthy Minds Innovations hosts this event as part of [The World We Make: 2021](#), a series of virtual events taking place October 26-28, 2021.

**Madison, WI, October 19, 2021** – The Center for Healthy Minds and Healthy Minds Innovations announce that **Surgeon General Dr. Vivek Murthy** and **Dr. Richard J. Davidson** will be featured in a live event freely available to the public on Thursday, October 28, 2021, 5:45 - 7:00 PM CDT. Dr. Murthy and Dr. Davidson, Founder of Healthy Minds Innovations and the Center for Healthy Minds, the William James and Vilas Research Professor of Psychology and Psychiatry at the University of Wisconsin-Madison, and a leader in the breakthrough study of human flourishing will join Journalist, Author, Entrepreneur and Public Radio Host of On Being, **Krista Tippett**, for what promises to be an illuminating and action-oriented talk.

Krista Tippett will guide them through a discussion on the relevant questions of the day like: What does the next decade of well-being hold for a society deeply divided, distrustful and disconnected? Can meditation be the key to a future that is more calm, connected and resilient? Can we as a society take individual action to solve our world's current mental health crisis?

As Surgeon General, Dr. Murthy has worked to address the impact of loneliness and isolation on public health. At the same time, Dr. Davidson and a team of researchers at the Center for Healthy Minds published the Healthy Minds Framework for Well-Being in the highly prestigious scientific journal [The Proceedings of the National Academy of Sciences \(PNAS\)](#), highlighting the importance of connection as a key pillar for well-being. Dr. Davidson also pushed back on the concept of “social distancing” - imploring the public to continue to build the skills of social connection despite “physical distance.”

“Today, as we work to restructure our lives during the pandemic, we have an opportunity to address the root causes of loneliness in our society and reconnect with family, friends, and neighbors,” said Dr. Vivek Murthy. “This will take us all working together, in every part of our community, to lift up the people around us and replace loneliness and isolation with healing and connection.”

Dr. Davidson sees a need to take action on the growing division present in modern society. Humans evolved to be social animals - to need each other and be a part of a community. Yet, roughly eight-in-ten registered voters in both U.S. political parties say their differences with the other side are about [core American values](#), and [88% of people surveyed](#) say the country is

more divided than before the pandemic. The U.S. holds the highest percentage of respondents to share this view among 17 countries surveyed.

The October 28th discussion will focus on this need to heal this division and address how we as a society can individually bridge the “connection gap” for better well-being and a better world. With actionable tips for the public, including a social media-driven “drive to connect” #TheWorldWeMake campaign, this talk will be a watershed moment in the discussion of loneliness, polarization and the skills needed to support connection within our highly divided modern world.

“I consider myself to be a disciplined optimist and believe wholly that individual and collective action can lead to a kinder, wiser, more compassionate world,” says Dr. Davidson, “I look forward to discussing how we can bridge the connection gap with my dear friends Vivek and Krista and to share our insights with the public.”

Join the vast [The World We Make](#) community, as Dr. Vivek Murthy, Dr. Richard J. Davidson and host Krista Tippet share an intimate, thought provoking and action oriented conversation on this growing public health crisis. [Reserve your spot today.](#)

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**About The World We Make.** The World We Make: 2021 is a series of virtual events to broaden the conversation on how we can bring well-being into our daily lives and communities. Hosted by the [Center for Healthy Minds](#) and [Healthy Minds Innovations](#), all events are free and open to all. The Center for Healthy Minds and Healthy Minds Innovations share a common vision – a kinder, wiser, more compassionate world – and the leadership of worldrenowned neuroscientist, Dr. Richard J. Davidson. Both organizations are driven by the bold idea that we can reduce suffering and bring mental well-being within everyone’s reach on a global scale.

**About #TheWorldWeMake Campaign.** #TheWorldWeMake is intended to inspire people who attend Dr. Richard J. Davidson and Dr. Vivek Murthy’s conversation moderated by Krista Tippet during The World We Make event on Oct. 29 5:45 - 7 PM CDT to pay it forward by taking meaningful actions to make positive connections with others. #TheWorldWeMake is an effort to bridge the social connection gap and build a groundswell toward healing division in our often lonely and divided society. Individuals can share their appreciation, tag someone who needs it, and add the tag. For example, “#TheWorldWeMake is a kinder, wiser, more compassionate world thanks to @dad.”

**About Dr. Vivek Murthy, United States Surgeon General; Vice Admiral of the U.S. Public Health Service Commissioned Corps.** Dr. Vivek H. Murthy served as the 19th Surgeon General of the United States from December 15, 2014 to April 21, 2017 and was confirmed by the United States Senate on March 23, 2021 as the 21st Surgeon General of the United States. In addition to his role as America's Doctor, as the Vice Admiral of the U.S. Public Health Service Commissioned Corps, Dr. Murthy commands a uniformed service of more than 6,600 public health officers, serving the most vulnerable populations in over 800 locations domestically and abroad. He worked with thousands of Commissioned Corps officers to strengthen the Corps and protect the nation from Ebola and Zika and to respond to the Flint water crisis, major hurricanes, and frequent health care shortages in rural communities.

**About Dr. Richard J. Davidson, William James and Vilas Research Professor of Psychology and Psychiatry and Founder & Director of the Center for Healthy Minds, University of Wisconsin-Madison. Founder and Chief Visionary for Healthy Minds Innovations, Inc.** Davidson received his Ph.D. from Harvard University in Psychology in 1976. Davidson's research is broadly focused on the neural bases of emotion and emotional style and methods to promote human flourishing including meditation and related contemplative practices. He has published over 440 articles, numerous chapters and reviews and edited 14 books. He is the author (with Sharon Begley) of "The Emotional Life of Your Brain" published in 2012 and co-author with Daniel Goleman of "Altered Traits" published in 2017. He was named one of the 100 most influential people in the world by Time Magazine in 2006. He was elected to the National Academy of Medicine in 2017 and appointed to the Governing Board of UNESCO's Mahatma Gandhi Institute of Education for Peace and Sustainable Development (MGIEP) in 2018. In 2014, Davidson founded the non-profit, Healthy Minds Innovations, which translates science into tools to cultivate and measure well-being.

**About Krista Tippett, Founder and Editor in Chief, The On Being Project; Host and Executive Producer, On Being; Curator, The Wisdom App.** Krista Tippett is a Peabody Award-winning broadcaster, a National Humanities Medalist, and a New York Times bestselling author. She grew up in a small town in Oklahoma, attended Brown University, and became a journalist and diplomat in Cold War Berlin. She then lived in Spain and England before seeking a Master of Divinity at Yale University in the mid-1990s. She created and hosts the public radio program and podcast On Being, a public life and media initiative exploring the intersection of spiritual inquiry, science, poetry, social healing and the arts. On Being started on two public radio stations and is now heard on 400 across the U.S. and been downloaded and played over 300 million times. On Being has been honored with the highest honors in broadcasting and digital media – including a Peabody and multiple Webbys. On Being has been named a best podcast by The New York Times, The Wall Street Journal, The Guardian, The Atlantic, iHeart Radio, and more.

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*Interviews and head shot available upon request.*