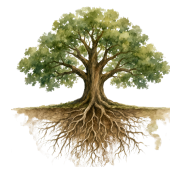


Practice 3

Connection



You were never meant to carry it alone.

Why This Matters

When things get tough and pressure builds, most of us do the same thing. We pull inward, we carry it quietly and we stop asking for help because we don't want to add to be a burden.

But the people who sustain us through the hardest seasons aren't usually the ones who solve things. They're the ones who make us feel less alone in carrying them. Connection doesn't fix the situation — it changes what you're carrying and how you carry it.

Sustaining ourselves isn't just about self-care and rest. It's about allowing ourselves to be supported, encouraged, challenged, and understood by others.

Reflection Questions:

Who has been quietly present for me this week — have I let them know?

Who in my circle is carrying something alone right now?

When did I last listen to someone without trying to fix, debate, or rush toward a conclusion?

Bloom Beyond Practice:

Reach out to one person this week.