

Connection



People thaw when they feel heard.

Why This Matters

When the pressure builds, most of us do the same thing. We pull inward. We carry it quietly. We stop asking for help because we don't want to add to anyone else's load.

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.

Healthcare can be a lonely place to lead. Days are spent supporting everyone else. This practice is about allowing yourself to be supported too.

Reflection Questions

Who knows me beyond my role?

Who helps me carry the weight?

Who do I need to reconnect with?

Daily Practice:

Reach out to one person this week — not to solve something, just to connect.

Bloom Beyond Reflection

One small step I will take this week: