



🤝 Mini Practices for Big Connection

5 quick practices to shift from isolation to belonging

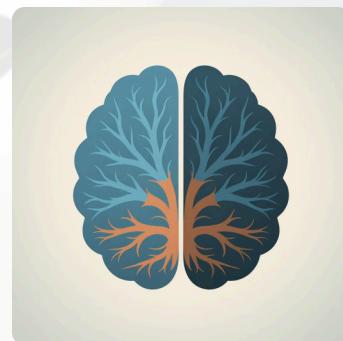
Why It Matters

Loneliness in teaching is common – and costly

Research shows loneliness lights up the same brain circuits as physical pain. When we feel disconnected, stress rises and resilience drops.

But even small acts of connection release **oxytocin**, lower **cortisol**, and boost energy.

▢ ✨ **The good news:** just one minute of intentional connection can shift your nervous system from "alone" to "linked."



1 minute

That's all it takes to shift from isolation to connection.

3 Key Benefits

- Oxytocin release
- Cortisol reduction
- Energy boost

5 Mini Practices



Send a Gratitude Ping

Text or email a colleague: "Thinking of you – appreciate what you do."

Why it works: Expressing gratitude activates reward pathways in your brain and strengthens bonds for both people.



Share a Micro-Win

Tell a teammate or write in a group chat: "My student finally got the math problem today!"

Why it works: Naming positive moments broadens attention and builds collective efficacy.



Picture Your Teacher Bestie



Close your eyes. Picture the face of one person who "gets it." Hold that image for 10 seconds.

Why it works: Visualization of trusted people lowers heart rate and signals safety to your nervous system.



One-Line Check-In

Walk by a colleague's room and say: "How's today treating you?"

Why it works: Even brief exchanges satisfy our social wiring, reminding us we're not in it alone.



Belonging Post-It

Write one encouraging note (to a student, colleague, or yourself) and leave it visible.

Why it works: Acts of kindness boost oxytocin and shift your focus from isolation to connection.

Connection doesn't always require long talks or deep friendships. Even one small spark can remind your body and mind: *I belong here.*



Start Small

Pick just one practice to try today



Build Gradually

Add more practices as they become natural



Share the Impact

Notice how connection shifts your energy