



## 🤝 Mini Practices for Big Connection

5 quick practices to shift from isolation to belonging

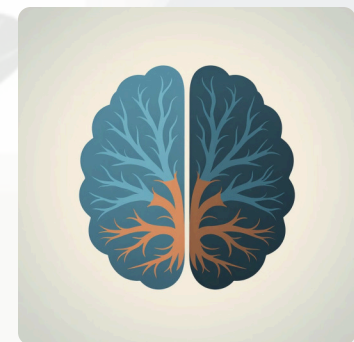
### Why It Matters

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

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# 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