

## Notice, Recall, Reach

*A quick practice to shift from alone to connected*

In our fast-paced world, it's easy to feel isolated and overwhelmed by the weight of daily responsibilities. This simple three-step practice offers a pathway from solitude to connection, helping you transition from the stress of the day to a sense of belonging and peace.



### Notice

Pause. Close your eyes or soften your gaze.

Where do you feel today's weight — chest, stomach, head, or all over?

Take one slow inhale, and a longer exhale.

*This tells your body: the day is done, you are safe now.*



### Recall

Bring to mind one person who helps you feel seen.

Picture their face, hear their voice, remember one moment when they affirmed your worth.

Notice the shift — a lighter chest, softer shoulders, or steadier breath.

*This is your nervous system moving from isolation toward belonging.*



### Reach

Connection deepens through action. Try one:


- Send a 7-word text of encouragement
- Write a short note of thanks
- Jot down words you'll never send — release them

*The reply isn't the point. Reaching out is.*

## The Science of Connection

Research shows that even brief moments of social connection can activate our parasympathetic nervous system, reducing stress hormones and promoting feelings of safety and well-being. This practice leverages our brain's natural capacity for co-regulation.



 **Footer reminder:** Connection doesn't require grand gestures. One breath, one memory, one reach can remind you: I am not alone in this work.