

🤝 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.