

connect

What it is

To connect means *'to develop rapport, exchange ideas, coordinate goals, and share information and/or emotions for mutual benefit.'* When we connect with others, we feel understood and 'seen', which registers in our brain much like physical pleasure.

Why we need it

Humans are innately social creatures, yet many of us experience social isolation. In one study, over 97 million US workers described themselves as lonely, which poses a greater health risk than obesity, excess alcohol consumption, and lack of exercise. 'Over-isolating' as individuals, it turns out, is a silent killer.

The benefits of connecting to rebalance from individuality include:


- Facilitates healthy growth and development
- Boosts immune system aiding in recovery from illness
- Increases healthy life span and longevity
- Elevates mood by triggering the release of oxytocin
- Correlated with empathy, trust, and performance

How to do it

When we practice connecting, we encourage the following:

1. Eye contact – to signal engagement
2. Name calling – to increase psychological safety
3. Authentic speaking – 'dropping the water line'
4. Deep listening – attending to words and emotions
5. Gratitude – for some aspect of your work/life


Our achievement-oriented culture has reinforced the false belief that success is a solitary journey. The time has come to rebalance – and connection is medicine.



“Deep human connection is... the purpose and the result of a meaningful life - and it will inspire the most amazing acts of love, generosity, and humanity.”

- Melinda Gates

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“Sometimes, reaching out and taking someone's hand is the beginning of a journey. At other times, it is allowing another to take yours.”

- Vera Nazarian

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