



Day 6

We All Need Someone Sometimes

Getting Started with Connection

There's nothing more healing in life than a healthy relationship. It's essential to our resiliency to have people in our lives that we trust. The science behind this is equally compelling.

We are not born knowing how to regulate ourselves. At first, we only achieve this through movement, often rocking. Later, we learn to regulate off our caregivers. This never fully goes away. We are continually assessing if people we come into contact with are a good model to regulate off. In work settings, these are often people who are open, supportive, and easy for you to talk to. While self-regulation is foundational, we also regulate off those around us. Some make us feel calm. Some make us feel excited. And others make us feel frantic or confused.

Primary Takeaways

1. Self-awareness can help us answer the question: "What types of people do I need in my list?"
2. Self-regulation can help us maintain healthy long-term relationships

Today's Challenge:

Using the space on the next page, list 3-5 people who you appreciate being in their presence. Make notes on how they make you feel in your body, thoughts, and emotions. Try to include people from a variety of places in your life.

Name

Body

Thoughts

Emotions

Professional Sustainability

Connection and trust in our work has been shown to increase the following:

- Cohesion
- Collaboration
- Wellness
- Retention

Deeper Dive

"Daring Greatly." Brene Brown.



*The power of one, if fearless and focused, is formidable,
but the power of many working together is better.*



Gloria Macapagal Arroyo

