

Identify Your Community Exercise

Feeling connected to others reminds you that you are part of something larger. It fosters your sense of being known, seen, and safe in the world. Human connection is essential to spark protection.

Identifying your support system — your community of humans, wherever and whoever they might be — is an important tool for looking after ourselves. Trusted friends and family can help you re-find your perspective, power, and purpose when these start to become eroded by the inevitable stressors of life.

Take a moment to reflect: Who is in your community? Who are members of your support system: Family, friends (including connections you've made online), colleagues, likeminded acquaintances?

Grab a pen and paper. Make a list now.

The people I can share a laugh and have fun with:

The people I can be vulnerable / cry with:

The people I can go to for career advice or feedback:

The people I can talk deeply with:

The people I can discuss or pursue my hobbies and interests with (name at least one person per hobby / interest):

The people I can hug / share affection with:

The people who know me most deeply:

Make a habit of reaching out to someone when you notice yourself feeling alone or isolated.

“Human connection is essential to preventing burnout.”

Some of us withdraw when we are feeling low. If you have this tendency, notice when you feel the pull to withdraw. See if you can resist the temptation, and instead reach out to someone you know and trust. Message with them, or (even better) talk to them, or (better still) see them in person. Notice afterwards how you feel when you have connected with that person — usually, it makes us feel calmer, more connected, and less alone.