

Our connection rhythm

Build a Sustainable Connection Rhythm | Time together

Choose one small moment you can return to regularly.

Use these prompts for your own preparation. Leave out identifying details you do not need.

A feasible moment for attention

A simple ritual

Small everyday contacts

Trusted people who can help

Practical barriers

One adjustment to try

Prompts are starting points to adapt. This is not an assessment or a promise of a particular response.