



Connected & Grounded

Session 1: Start with You – Building Inner Connection

How is your Cup?

You can't pour into others if your cup is empty



The Hidden Cost of Disconnection

Emotional disconnection increases risk for:

- High blood pressure
- Heart disease
- Depression
- Substance use disorders



Men's Health Insight

Quick Stat: Men are less likely than women to seek help for emotional issues, yet have higher rates of suicide, especially ages 40-65.

The biggest threats to men's health is silence.



A Man Named Marcos

Let me tell you about Marcos. He's a hard-working father of two, reliable, kind—but for years, he carried the stress of providing without showing weakness. One day, after a minor argument, he had a panic attack. He said it felt like his chest was closing. The ER found no heart issue. The real cause? Years of silent emotional overload. Marcos now journals every morning, takes 10 minutes to walk alone after work, and he says, 'It's the first time I feel like I can breathe.

Reconnection isn't luxury; it's survival.



Connection Check-In (Guided Practice)

Close your eyes.
Take a slow breath in.

Now ask your body: Where am I holding tension?

Ask your heart: What have I not said out loud?

Ask your mind: What am I tired of pretending is okay?

Write 1 honest word for each.

Journal Prompt

“What would I say if I didn’t have to be strong today?”

“What part of me have I been ignoring that needs care?”

Daily Challenge:

- Pause for 2 minutes each morning.
- Name how you feel. No fixing. Just noticing.



Taking Back Our Power

By focusing on our mindset, we gain the ability to:

Disconnection drains us. Awareness grounds us. Kindness heals us. Connection doesn't start with others. It starts with you. And today, you showed up. That matters.



Closing Message

The greatest gift you can give others is a well-connected you.



Thank You & Q&A

