

CASRA CLOSING SESSION

WE ALL BELONG: 4 Paths to Belonging

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"If the world
seems cold
to you, kindle
fires to warm
it."

Lucy Larcom
1824-1893

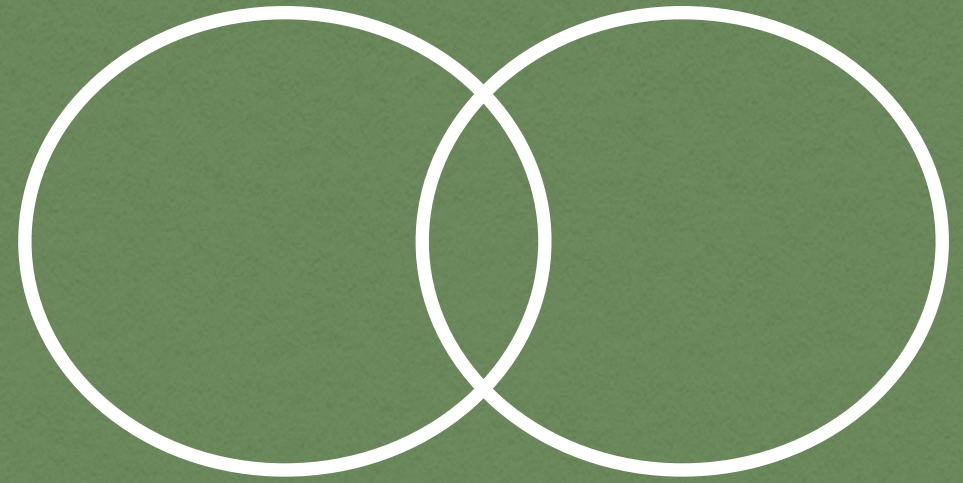
Fear of not-belonging: Which is your favorite?

I'm invisible!

Get-a-buddy-quick!

I'm not shy, look at me!

Belonging is

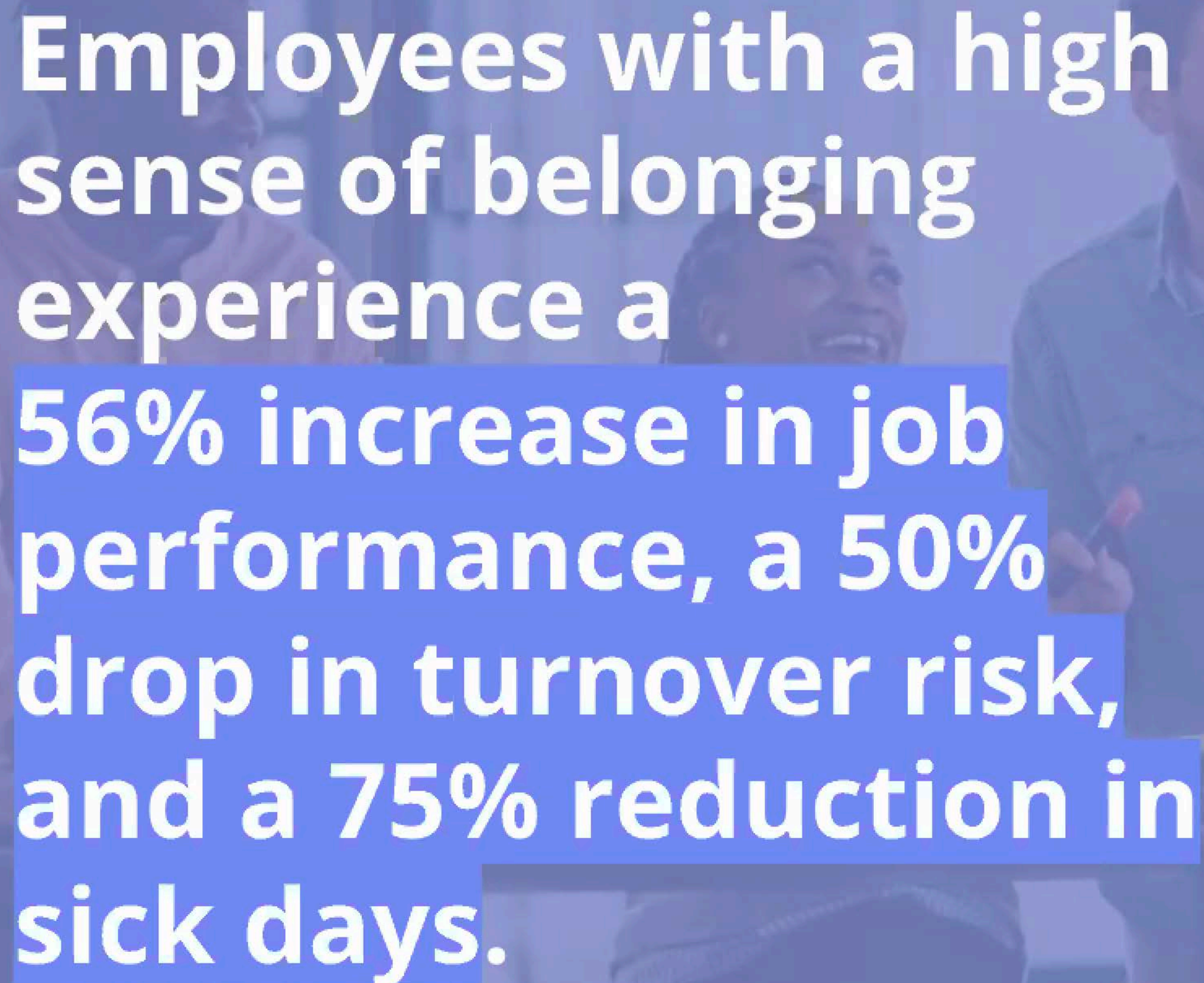


“...initial and on-going interactions resulting in a feeling of acceptance and a willingness to engage.”

Belonging is the most fundamental connection between you, people in your vocation circle, and the people you have chosen to serve.

Sampling the Research on Not-Belonging:

- Same health risk as alcohol and smoking
- Higher health risk than obesity
- Increases risk of heart disease
- Can cause over-active inflammatory response
- Linked to eating disorders. Also, higher BMI is linked to higher likelihood of victimization
- Linked to increase in suicidal ideation
- Increases Alzheimer risk 2X
- Significantly increases 'stress hormone' cortisol
- Increases activation of latent viruses
- Accelerated cognitive decline in older adults



Employees with a high sense of belonging experience a 56% increase in job performance, a 50% drop in turnover risk, and a 75% reduction in sick days.

(BetterUp)

Imperative
Increasing Engagement by Scaling Belonging
October 2023 Webinar



Who taught you about being welcoming?
(This may include both welcoming and unwelcoming
individuals or groups)

I Belong to Myself



I Belong to Others



I Belong to Nature



I Belong to Spirit



I Belong to Others



I Belong to Spirit



I Belong to Myself



I Belong to Nature



I Belong to Myself



“...because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance.” Brené Brown

**Being alone is not the same
as not-belonging.**

**When have you been alone
and it was good?**



Gratitude Activity

Think of three very specific things that you REALLY, TRULY love about yourself.

Write each of them down in 1-3 sentences.

I Belong to Others



My More Than Anything Gift

“I was quiet, and I thought about what is most important to me to give to other people in my workplace. The most important Gift is...” (Please use a phrase rather than a single word. For instance, don't say respect, instead say what your definition of respect is.)

1. The most important gift I want to bring is: _____

2. Why is this gift important to you?

3. Tell a short story about the last time you remember giving this gift in your workplace.

The Gifts of Our Team Members

Not give up.

Speaking up for what matters

Seeing the other side of things

Helping everyone belong

Build trust in each other

Finding renewed hope

We ARE Enough to Face the Challenges Ahead!!

Building networks of love

Building insight

Keeping balanced

Getting at the truth

Everyone is heard

I Belong to Nature



How Do We Belong to Nature?

Our brain functioning is effected by nature.

We are born part of the natural world.

Our feelings cause us to care about nature.

Our actions cause us to protect nature.

P. W. Schultz

Which Element Are You Most Drawn To? Why?

Tell a story about one of your first memories of being drawn to this element.



I Belong to Spirit



Psyche Awe Presence
Inner Being Essence
Heart Spirit Soul
Great Beyond Energy
Genius Consciousness
Core Spark Life Force
Great Mystery's God
Allah Jehovah The Divine
 Goddess
Higher Power Guardian Spirit

Spiritual Practices

Prayer
Meditation
Gratitude Activities
Yoga
Go to Church
Devotional Reading
Awe in Nature

Fasting
Somatic Awareness
Journaling
Forgiveness Work
Silence
Breathwork
Singing / Chanting

Spirituality and Belonging

"Spirituality is...the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred."

**Christina Puchalski, MD
Director, George Washington Institute for
Spirituality and Health**

What is One Way You'd Like To Increase Your Spiritual Life?

Prayer
Meditation
Gratitude Activities
Yoga
Go to Church
Devotional Reading
Awe in Nature

Fasting
Somatic Awareness
Journaling
Forgiveness Work
Silence
Breathwork
Singing / Chanting

Three Gratuities

An impactful idea or activity

A person you appreciated today

*One thing you appreciated
about yourself today*

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