



The Weight We Carry

Winter has a way of adding weight.
You might notice it in some people before they even speak.
A slightly different pace to their day, or
a little less spark than usual.

Some carry it quietly.
Some joke their way through it.
Some pretend nothing is wrong at all.

**Part of your job is simply to notice.
Not fix everything. Not lighten every load. Just notice.
Often that's the moment people feel seen again.**

And while you're looking outward,
take a quick look inward too.
Your own weight counts.
Don't dismiss it as "just how things are this time of year."

You matter in the equation as much as anyone else.