

Vivek Murthy (US Surgeon General) — To Be a Healer (excerpts from On Being Podcast)

My belief is that we need to be a nation that is kind, where people take care and step up for one another because they know that they are better off when we are all, in fact, better off.



We need to be a nation where people are generous with one another, where all of us may stumble and fall, but we help each other up.

I think we've got to be a nation that fundamentally recognizes what strength really is. Our greatest source of strength comes from, I believe, our fundamental ability to give and receive love.

Every time you act out of love, whether that's to a member of your own family or a moment of kindness you express to a stranger, you are telling people around you that it's okay to give and receive love as well.

You are inspiring people to be a new way and to be a new person in the world that constantly seems dark. And in a world that is full of despair, small acts of kindness are radical acts of defiance, and they're the force that we need to ultimately build the world that we all need.

Four Steps in Deepening Human Connection

1. **Connect** with somebody you care about
2. Give people your **full attention** when you talk to them
3. Find opportunities to **serve** others
4. Enjoy **moments of solitude**



Link to On Being Podcast: Krista Tippett's interview with Vivek Murthy
<https://onbeing.org/programs/vivek-murthy-to-be-a-healer/>

Our Epidemic of Loneliness and Isolation:
US Surgeon General's Advisory Report on Healing Effects of Social Connection and Community
<https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>