

RESILIENCY

Resiliency During Crisis: One Word to Live By

“Hakuna Matata, what a wonderful phrase.”

-Timon and Pumbaa

Choose one word to describe how you want to live today. Now go live it.

One word is worth 1000 words. Consider how you want to show up today. Perhaps it's calm, empathetic, or engaged. Whatever your choice, there are countless behaviors that align with that one word. By focusing on something so small we can quickly and easily hold ourselves accountable to how we want to show up.



Need more help? EAP: (314) 747-7490 – 24 hour, virtual hotline available
Visit the BJC COVID-19 site for additional Wellness Resources – covid19.bjc.org