

RESILIENCY

Resiliency During Crisis: Finding Awe In the Normal

“Finding beauty in the ordinary, and you'll find joy in unexpected places.”

Beautiful things are happening everyday.

1. Pause to intentionally look for beauty
 - Seek the small amazing things that surround you from nature to our shared humanity.
2. Stay present with the beauty
 - Take more than a few moments to notice the richness of the beauty.
 - Take a picture when appropriate.
3. Share your experience
 - Share it with a friend.
 - Write about it.



Video

Adapted from Greater Good Science Center



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