

# RESILIENCY

## Resiliency During Crisis: Recognizing Others

“Appreciation is a wonderful thing; it makes what is excellent in others belong to us as well.”

– Voltaire

Has a fellow caregiver helped you stay resilient this year?

Nominate someone for Resiliency Champion or Resiliency Role Model of the Year!

1. Scan the QR code
  - Or visit: <https://qrgo.page.link/rS1un>
2. Complete our nomination form.

Social scientists have found that the fastest way to feel happiness is to practice gratitude. So no matter what you do today, find space in your day to compassionately recognize someone close to you.



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](https://covid19.bjc.org)

