

RESILIENCY

Resiliency In The Moment: Celebrate Yourself



“You are not lucky to be here.
The world needs your perspective.
They are lucky to have you.”

- Antonio Tijerino

What Is Something You Like About In Yourself?

1. Think about the question above – go deeper than kind, strong, intelligent, or unique – why do you value this feature in yourself?
2. Consider how you and others benefit from this feature
3. Allow yourself to feel pride and joy in what makes you special

We are quick to compliment others but may not think about ourselves in this way. Combat negative self-talk by understanding what you enjoy about yourself. This uses positive reinforcement to build confidence and self-assurance.

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