

# RESILIENCY

## Resiliency During Crisis: Stop the Doomscroll



“One small positive thought in the morning can change your whole day.”

– Dalai Lama

## Are you guilty of *Doomscrolling*? Stop!

1. Begin and end your day reflecting on people, places, and things for which you are grateful.
2. Reserve a time and place a limit on your negative media consumption.
3. Replace harmful habits of doomscrolling with productive ones around mind, body, and spirit.
4. Take a break from social media.

Doomscrolling is the tendency to continue to surf or scroll through bad news, even though that news is saddening, disheartening, or depressing. For many this leads to helplessness and anxiety. Break the habit with intention.

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