

RESILIENCY

Resiliency In The Moment: Turning to Hope



“We need never be hopeless because we can never be irreparably broken.”

- John Green

Options to turn hopeless into hopeful

- Find a clear path to work toward the desired change
- Look for role models who have found solutions
- Do what you can
- Perform acts of kindness
- Turn to your faith
- Practice mindfulness

When you lose hope, you see any efforts to change as futile. You may blame yourself. You may accept whatever happens as beyond your control. You may begin to despair. Unfortunately, this painful despair and resignation creates a self-fulfilling prophecy.

The good news is there are many ways to find hope – find what works for 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