

# RESILIENCY

## Resiliency In The Moment: Being Lighthearted

“There is no angry way to say ‘bubbles’.”

- Unknown

### Find ways to be lighthearted!

1. Take yourself lightly and laugh at yourself.
2. Cultivate a playful attitude.
3. Look for opportunities to smile and laugh.
4. Find the magic in the moment.

When times get tough, stepping back and finding humor in serious situations allows us to cope with stress. Learning to let go of the aspects of life that you cannot control is key to boosting your resiliency.



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)