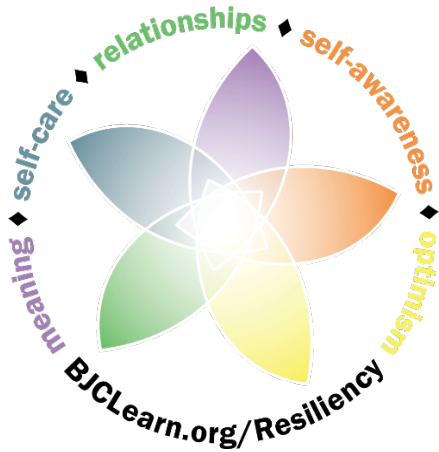


RESILIENCY

Resiliency In The Moment: Being Lighthearted



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

- Unknown

Find ways to be lighthearted!

- Take yourself lightly and laugh at yourself
- Cultivate a playful attitude
- Look for opportunities to smile and laugh
- 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](https://covid19.bjc.org) for additional Wellness Resources – covid19.bjc.org