

# RESILIENCY

## Resiliency During Crisis: Giving Thanks

“Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary.”

- Margaret Cousins

### Make today about giving thanks.

1. Show compassion and respect by sharing very specific things with someone that you appreciate.
2. Bonus Points! – Share something with everyone you interact with today.

According to Shawn Achor, “when researchers pick random volunteers and train them to be more grateful over a period of a few weeks, they become happier and more optimistic, they feel more socially connected, enjoy better quality sleep, and even experience fewer headaches than control groups.” What’s even better is the influence we have on those around us. Get out there and share your thanks, it’s good for you and those around 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](https://www.covid19.bjc.org)

