

RESILIENCY

Resiliency In The Moment: Get Creative

“Creative isn’t the way I think, it’s the way I like to live.”

- Paul Sandip

Get Creative to Extinguish Stress

1. Schedule time to do something creative.

Literally anything! Photography, crafting, dancing, singing – the sky’s the limit. Engaging in creative activities can enhance your mood and reduce stress and anxiety. Studies have shown that creative expression can support mental health by reducing feelings of depression and isolation. So, get out there and get creative!



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)