

# RESILIENCY

## Resiliency During Crisis: Holiday Happiness

“Find happiness in every step of the journey.”

**Do not take responsibility for other people's holiday happiness.**

1. Notice when you are catering to the needs of others and neglecting your own.
2. Recognize your unrealistic thoughts when catering to others.
3. Challenge your thoughts.
4. Replace your unrealistic thoughts with realistic ones.
5. Act on your realistic thoughts.

As we approach the holidays it's important to set realistic expectations. Taking responsibility for others' happiness causes anxiety. Shifting your thoughts and actions reduces anxiety. This year focus on where you have control and recognize happiness in the moment.

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)

