

RESILIENCY

Resiliency During Crisis: Post Traumatic Growth

“Life hides little grains of happiness in every nook and cranny. They wait silently for our loving gaze to land on them.”

- Homaira Kabir

Are there good things about COVID-19?

1. Take a moment to think of something that you are grateful for because of COVID-19.
2. Bonus Points! – Continue this habit for the rest of the week continually scanning for the good that is around you.

As humans we are susceptible to the negativity bias, meaning that we tend to scan the world looking for the negative. This mental model keeps us from seeing the good that is happening despite the challenges that surround us. These gratitudes do not need to be earth shattering, instead find the small things that make a big difference.

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)

